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## **Living Well With Dementia in the Community**

Americans are living longer than ever before and while this brings great opportunities, older adults also face an increased risk of developing a chronic health condition or cognitive disorder. It is important to recognize the differences between normal aging changes and something more serious like dementia.

The National Association of Area Agencies on Aging (n4a) and Eldercare Locator have developed information and resources on dementia, including how to determine if your family member has dementia, strategies for exploring local community services and supports, and communicating well with people with dementia.

Follow [this link](#) to explore dementia resources, websites, and information.

Article Source

National Association of Area Agencies on Aging

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<https://www.n4a.org>

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