

Six Pillars of Brain Health

Brain Health Resources



The links below guide you to many useful sources of information directly and indirectly related to Brain Health. Please note: One or more of the programs listed may not be affiliated with AARP. Any information you provide to the host organization of these programs will be governed by its privacy policy.

BRAIN HEALTH

AARP Brain Health: aarp.org/brainhealth/

Find the latest on enhancing brain health, and get tips on memory improvement and stress management.

AARP's Disrupt Dementia: aarp.org/health/dementia/

Sparking bold new solutions for the world's brain health crisis.

AARP's Global Council on Brain Health (GCBH): GlobalCouncilonBrainHealth.org

Look to the GCBH for trusted information and the latest scientific insights about what older adults can do to maintain and improve their brain health.

AARP's Staying Sharp: stayingsharp.org

Staying Sharp is an engaging digital platform offering personalized science-based activities, challenges, recipes and articles across the six pillars of brain health.

AARP Caregiving: aarp.org/caregiving/

A valuable resource for anyone who provides compassionate and loving assistance to those unable to fully care for themselves.

AARP's Create the Good: createthegood.org

Connects individuals with volunteer opportunities compatible with their life experiences, skills and passions to benefit their community.

AARP Foundation's connect2Affect: connect2affect.org

Features tools and resources to help evaluate isolation risks, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect to the community.

AARP Learn@50+: learn.aarp.org

Visit this website to learn about in-person events, webinars and interactive videos on important issues, such as family caregiving, work and jobs, and technology literacy.

AARP INITIATIVES THAT SUPPORT BRAIN HEALTH PILLARS

PARTNERS IN BRAIN HEALTH

Alzheimer's Association: alz.org/10ways

Information on Alzheimer's disease and how brain health can be maintained or potentially improved through lifestyle habits.

Alzheimer's Foundation of America: alzfdn.org/

Provides caregivers, families, and individuals with resources related to Alzheimer's and dementia, screenings, training, and continuing education. Access is free. Membership options are also available.

National Institute on Aging:

nia.nih.gov/health/cognitive-health

Find science-based information on health and aging as well as Alzheimer's.

Us Against Alzheimer's: usagainstalzhimers.org/

Peruse the pioneering initiatives and programs this organization offers and implements that are aimed at stopping Alzheimer's by 2020.



Fraud Watch Network

aarp.org/money/scams-fraud/



aarp.org/banksafe