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# Alzheimers.gov Highlights

Information on living with dementia, dementia research, clinical trials, and resources



As 2023 comes to a close, NIA invites you to explore some of the most popular Alzheimers.gov topics from this past year:

- [Tips for Caregivers and Families of People With Dementia](#) — While caring for a person with Alzheimer’s disease or a related dementia can be overwhelming at times, these tips can help with managing everyday care and tasks.
- [What Is Alzheimer’s Disease?](#) — Alzheimer’s is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.
- [Can I Prevent Dementia?](#) — There are currently no approaches proven to prevent Alzheimer’s and related dementias. However, there may be steps you can take to help reduce your risk.
- [What Is Dementia?](#) — Dementia is an umbrella term used to describe a range of neurological conditions affecting the brain that worsen over time. While dementia is more common as people age, it is not a normal part of aging.

- [Finding Dementia Care and Local Services](#) — A person with dementia will need more care as symptoms worsen. Whether the disease is in the early or late stages, there are support systems, resources, and services that can help both the person with dementia and their caregivers.

Visit the [Alzheimers.gov](#) website to find the full range of [Alzheimer's and related dementias articles and resources](#) as well as [clinical trials in your area](#).

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**You may also be interested in:**

- Signing up for [additional NIA e-alerts on topics such as healthy aging and caregiving](#)
  - Learning how to [plan for the future after a dementia diagnosis](#)
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