

AARP Brain Health Resources

Create the Good: Create the Good connects you with volunteer opportunities to share your life experiences, skills and passions in your community. createthegood.aarp.org

Explore volunteer opportunities you can do from home by visiting aarp.org/virtualvolunteering

AARP Virtual Community Center: FREE interactive online events and classes designed for learning, self-improvement, and fun. Whether it's entertainment, lectures or tours, or exercise, job tips or caregiving help, you can find it all here aarp.org/vcc

AARP Friendly Voices Program: If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. You can request a call from AARP's Friendly Voices program by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 a.m. and 5 p.m. local time. aarp.org/friendlyvoice

AARP Staying Sharp®: an online brain health program that includes brain health challenges, articles, activities, recipes, videos, fun games and more that is included with AARP Membership. Plus, there's a brain health assessment with personalized recommendations. stayingsharp.aarp.org

AARP Brain Health: Find the latest on brain health and learn about memory improvement and stress management. aarp.org/brainhealth

Global Council on Brain Health: A Collaborative from AARP

The Global Council on Brain Health (GCBH) is an independent and international collaborative of scientists, health professionals, scholars and policy experts working in areas of brain health related to human cognition. GCBH members discuss specific lifestyle issue areas that may impact peoples' brain health as they age with the goal of providing evidence-based recommendations for people to consider incorporating into their lives. globalcouncilonbrainhealth.org

AARP Online Learning: Learn about events, webinars and interactive videos and more on important issues, such as family caregiving, work and jobs, and technology literacy. learn.aarp.org

AARP's Disrupt Dementia: Sparking bold new solutions for the world's brain health crisis. aarp.org/disruptdementia

AARP Caregiving: A valuable resource for anyone who provides compassionate and loving assistance to those unable to fully care for themselves. aarp.org/caregiving

AARP Fraud Watch Network: Our team of fraud fighters has the real-world tips and tools to help protect you and your loved ones. aarp.org/fraudwatchnetwork

AARP Foundation's Connect2Affect:

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. connect2affect.org

Books & Articles:

- **Keep Sharp: Build a Better Brain at Any Age** by Sanjay Gupta, M.D.
Keep Sharp: Build a Better Brain at Any Age, by neurosurgeon and CNN chief medical correspondent Sanjay Gupta—an AARP-supported book based in part on the work of the Global Council on Brain Health—offers a science-driven guide for learning about protecting the mind from decline. It is available from aarp.org/keepsharp and wherever books are sold.
 - **Four Amazing Reasons to Own a Pet**
<https://blog.aarp.org/staying-sharp/reasons-pet-own-pet/>
 - **Brain Healthy Foods That Help Strengthen the Immune System**
<https://blog.aarp.org/staying-sharp/brain-healthy-foods-immune-system/>
 - **To Protect Your Brain, Take Care of Your Heart**
<https://www.aarp.org/health/brain-health/info-2020/heart-health-brain-health.html>
 - **Sing, dance, move to the beat: It's all good for mood, memory and more**
<https://www.aarp.org/health/brain-health/info-2020/music-brain-health.html>
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Additional Resources

The programs listed below may not be affiliated with AARP. Any information you provide to the host organization of these programs will be governed by its privacy policy.

Alzheimer's Association: The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. For more information, view www.alz.org or call the 24/7 Helpline at 800.272.3900.

Alzheimer's Foundation of America:

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

National Institute on Aging: Find science-based information on health and aging as well as Alzheimer's disease. nia.nih.gov/health/cognitive-health

Us Against Alzheimer's: Peruse the pioneering initiatives and programs this organization offers and implements that are aimed at stopping Alzheimer's disease by 2020. usagainstalzheimer.org