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common conditions in older age include hearing loss cataracts and refractive errors back and neck pain and osteoarthritis chronic obstructive pulmonary disease diabetes depression and dementia as people age they are more likely to experience several conditions at the same time

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people in their 70s 80s and even 90s run marathons write books and go to work daily but the predominant national conversation on aging focuses on disability rather than ability something experts say is a problem as

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alternatives for the older adult promotes the independence and quality of life of older adults and their families our vision we envision a time when older adults and caregivers turn to alternatives first for dependable knowledgeable care management we work to expand care options to better meet the needs of older adults and caregivers

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