

Long Term Care Basics

Do you need basic information on long term care costs and options? This section can help you get started by providing long term care resources and tools.

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Article

Virginia Long Term Services and Supports (LTSS) Finder

Need help understanding long term services and supports options in your community? The Virginia Long Term Services and Supports (LTSS) Finder will help you find home care, independent living, assisted living, memory care, and hospice in your community.

Source

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Books & Guides

Senior Virginians Handbook: Legal Information and Resources

The Senior Virginians Handbook was developed by the Senior Lawyers Conference of the Virginia State Bar and provides a legal resource for senior citizens.

Source

[Virginia State Bar \(VSB\)](#)

Links

AARP Long-Term Care Cost Calculator

Source

[AARP Long-Term Care Cost Calculator](#)

Links

Genworth Cost of Care Survey

Source

[Genworth Cost of Care Survey](#)

Article

How to Avoid Going Broke in Long-Term Care

This article explores ways to protect your assets while also paying for long-term care.

Source

[Smith Strong, PLC](#)

Article

Paying for Long-Term Care

Many older adults and caregivers worry about the cost of medical care. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough.

Source

[National Institute on Aging](#)

Links

No Wrong Door Virginia

Virginia's No Wrong Door (NWD) is a statewide public/private partnership with a comprehensive governance structure to ensure decisions made about policy, technology development and resource allocation, are based on a shared vision and benefit the public and private sectors, equally.

Source

[No Wrong Door Virginia](#)

Article

Advance Directives and Long-Term Care

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself.

Source

[Centers for Medicare & Medicaid Services](#)

Links

LongTermCare.gov

The Administration for Community Living, an agency of the U.S. Department of Health and Human Services, brings together the efforts of the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the HHS Office on Disability to serve as the Federal agency responsible for increasing access to community supports, while focusing attention and resources on the unique needs of older Americans and people with disabilities across the lifespan.

<http://www.hhs.gov/acl/>

Source

LongTermCare.gov

Article

How to Manage Family Dynamics for Long Term Care Planning

Long term care conversations with family members provide an avenue for planning and addressing needs and expectations.

Source

[Genworth](#)

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