

## Editor's Picks

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### [Social Security Benefits Increase 2025](#)

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

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## **Getting Started with Long Distance Caregiving**

Anyone who is caring for an aging friend, relative or parent from afar can be considered a long-distance caregiver. Long-distance caregivers can take on many different roles.

[Image](#)





## **Tips for Over-the-Counter (OTC) Hearing Aids**

OTC hearing aids are now available for directly to consumers without a prescription or medical consultation. Explore tips for adults 18 and over with mild-to-moderate hearing loss.

[Image](#)



## **[Virginia Long Term Services and Supports \(LTSS\) Finder](#)**

Use the Virginia LTSS Finder to explore senior housing options and a range of supports that enable individuals to remain in their homes, receiving care and assistance as needed.

[Image](#)



## **Truist: Money and Mindset**

Truist Money and Mindset is a free service to help you gain confidence in managing and planning your financial future. When you reframe your relationship to money, a positive mindset can lead to positive changes.

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## **Mind Your Meds: Safe Medication Disposal**

Learn how to safely dispose of opioids and other pain medication in this guide for caregivers and older adults. It's important to use pain medication safely and get rid of medications when you are done.

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## [Social Wellness Toolkit for Your Healthiest Self](#)

Your relationships help you navigate the world. Positive social habits can help you build support systems and stay healthier mentally and physically.

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## [The Road Scholar Programs and Travel](#)

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. This diverse community is committed to lifelong learning as a vital part of overall wellbeing.

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[ask an expert question](#)

## [What is Ask an Expert?](#)

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

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## **About**

## **We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

## **Senior Resources**

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Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

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