

Editor's Picks

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The Road Scholar Programs and Travel

Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We are a diverse community of knowledge seekers and explorers, united in the belief that lifelong learning is a vital part of overall wellbeing.

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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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[Healthy Thrifty Holiday Meals](#)

Make tasty, affordable holiday meals with SNAP-Ed Connection recipes. Each menu has vegetarian options. All recipes meet the USDA MyPlate Kitchen Criteria. Explore sample holiday recipes and menus for every month of the year!

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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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[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. Locate independent living, assisted living, memory care, hospice and home care in your community.

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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.

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

Find Resources for You

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

Find Resources for You

- [Aging Well](#)
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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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Current and Past Partners

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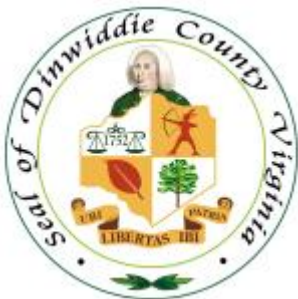
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