

Editor's Picks

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[10 Ways to Love Your Brain](#)

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline. Incorporate these habits into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.

[Image](#)



[12 Things Everyone Can Do to Prevent Elder Abuse](#)

June 15th is World Elder Abuse Day. The National Center on Elder Abuse (NCEA) provides helpful strategies and community supports for preventing the abuse of older adults in the infographic 12 Things That Everyone Can Do to Prevent Elder Abuse.

[Image](#)



[Virginia Senior Housing Finder](#)

Need help understanding and simplifying senior housing? Use the Virginia Senior Housing Finder to explore senior housing options and supports including independent living, assisted living, memory care, veteran homes, and nursing facilities.

[Image](#)



[Helping Family and Friends Understand Alzheimer's Disease](#)

When you learn someone has Alzheimer's you may wonder how to tell family and friends. There's no single right way, so when the time seems right, be honest and

use this as a chance to educate them about Alzheimer's.

[Image](#)



Solo Aging with Confidence ~ You Don't Need to Go it Alone

Aging solo can be liberating but it can also feel daunting. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net.

[Image](#)

[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.

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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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