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## Housing and Community Options

Long-term services and supports (LTSS) refers to both housing and care offerings within a long-term care community or home and community-based services (HCBS). See the FAQs below to explore a range of services and supports that might be a good fit for you or a loved one.

Use the **Virginia Long Term Services and Supports (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. The finder will help you locate independent living, assisted living, memory care, hospice and home care in your community. Some options specific to Veterans.

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## Senior Living Resources

[LeadingAge Virginia](#)

LeadingAge Virginia is a community of Virginia nonprofit aging services providers and other organizations serving older adults. Explore their [resources page](#) for more information.

## [Free Expert Advice](#)

Utilize Ask an Expert – where you can receive free, confidential expert advice for housing and caregiving related questions and concerns.

## [Consumer Guide to Life Plan Communities](#)

Use this [informative guide](#) if you are seeking information and resources about Life Plan Communities (LPC) or Continuing Care Retirement Communities (CRC).

## [Caregiver Tech Tool Finder](#)

The Caregiver Tech Tool Finder gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech.

## **Frequently Asked Questions**

**What are some key considerations if I choose to age in place in my home?**

*Aging in Place* requires careful planning. Considerations include how to access needed resources, how to make your home safe and accessible, what in-home service supports are available, and what costs will be involved. [Aging in Place: Growing Older at Home](#) explores these factors in detail.

**I'm seeking in home care but not sure which type of home care service or agency I should reach out to.**

[Start by determining what type of care you and your family need](#). Do you need help with personal care or household tasks? If so, then *home care agencies* can provide help with Activities of Daily Living (ADLs) and household assistance. If you need more in depth care then look for a [home health agency](#) that provides health care and medical services including nursing care in the home for the treatment of an illness or injury. The term *home health agency* often indicates that a home care provider is Medicare certified.

**There are many housing options for older adults and it can be confusing. Can you help me better understand what is out there?**

Overwhelmed by all the senior housing possibilities? The article [Housing Options for Older Americans](#) provides a helpful overview of the various living situations and factors to consider in your decision making.

**How can I get started with having tough caregiving conversations with my loved ones?**

Sometimes taking the first step is the hardest. As you explore housing options, here are [helpful strategies to make having difficult family conversations more comfortable](#) and productive.

**What is a life plan community? How is it different from other senior housing options?**

A Life Plan Community offers all levels of care in one community including independent and assisted living and nursing care. To find out more, this article [provides a great overview!](#)

## **What should I look for in selecting an assisted living community?**

Use this [Consumer Guide](#) to help you choose an assisted living residence to meet your needs.

## **How can I assess the quality of nursing care facilities for my loved ones?**

When looking for nursing home care, it's a good idea to do your research both online and in-person. [This article can help you determine which facility will best meet your family members needs.](#)

## **What end-of-life care options are available? What is the difference between palliative and hospice care?**

For individuals living with serious illness, and for their family and friends, [palliative care](#) offers medical and related treatment towards enhancing quality of life as much as possible. [Hospice is comfort care provided at the end of a person's life](#) and does not seek to treat a condition, but instead provides a supportive environment for those who wish to die at home. Hospice also provides needed support and resources for family members.

## **Now that I better understand my options, who can I connect with to discuss my long term care needs?**

There are many options! Your local [Area Agency on Aging \(AAA\)](#) may be able to provide information, support and care coordination for your specific needs. Also [Geriatric Care Managers](#) can help with long term care planning and options for an hourly fee.

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