

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## **Newport News Senior Resource Guide**



*Credit: Alex Ware/Unsplash*

Newport News lets you savor life at your own pace: walking the dog at Newport News Park, fishing in the Chesapeake, watching the sunset over the James. A city of more than 180,000 people, Newport News offers relaxed retirement living with urban amenities and abundant access to the outdoors.

Searching for affordable senior housing, transportation, in-home care and other resources in Newport News? You've come to the right place. SeniorNavigator is a statewide nonprofit that connects older Virginians with valuable information and supports. Here are some of the most frequently requested resources for senior living in Newport News.

### **Senior Housing in Newport News, Virginia**

As you explore senior housing options you may find it helpful to check out the [Genworth Cost of Care Survey](#). This tool provides local information on in home care

and long term care housing costs. SeniorNavigator can help you find all the local options for senior housing, whatever your needs and budget may be.

- [\*\*Senior Housing in Newport News\*\*](#): Newport News has several options for independent living, from apartment towers to large 55+ communities.
- [\*\*Assisted Living in Newport News\*\*](#): Assisted living communities make life a little easier by providing meals, transportation, laundry services, medication management and more.
- [\*\*Continuing Care in Newport News\*\*](#): Continuing care communities, now called Life Plan Communities, help you plan for the future with ascending levels of care.
- [\*\*Memory Care in Newport News\*\*](#): SeniorNavigator can help you find compassionate, personalized care for people with memory challenges, including dementia and Alzheimer's disease.
- [\*\*Nursing Homes in Newport News\*\*](#): Skilled nursing facilities can assist with rehabilitation, complex medical care and wound management.

## Senior Care in Newport News, Virginia

SeniorNavigator lists resources that can help older Newport News residents and their caregivers live independent, healthy and fulfilling lives.

- [\*\*Adult Day Care and Senior Day Programs in Newport News\*\*](#): Licensed adult day care centers offer social, recreational and therapeutic activities for seniors and adults with disabilities.
- [\*\*In-Home Care in Newport News\*\*](#): In-home services can include companionship, housekeeping, and skilled nursing care.
- [\*\*Caregiver Support in Newport News\*\*](#): Caregiving is one of the most demanding jobs you'll ever have. Find the support you need on SeniorNavigator.org.

## Senior Services in Newport News, Virginia

Did you know that there are many community resources available to help older Newport News residents stay in their homes longer, travel to appointments and activities, and even pay the bills when money's short?

- **Senior Transportation in Newport News**: The Peninsula Agency on Aging offers accessible transportation to help seniors get to non-emergency medical appointments, adult day care centers, and PAA-sponsored activities.
- **Home Modifications in Newport News**: If you plan to remain in your house long-term, local companies and agencies can help modify your home to be safer, more efficient and wheelchair-accessible.
- **Financial Assistance for Seniors in Newport News**: When you're on a fixed income, it can be hard to balance the costs of food, utilities, rent and prescriptions. These Newport News resources provide financial help to qualifying seniors.

You'll find many more community resources for seniors in the SeniorNavigator database. Visit the [SeniorNavigator homepage](#) and search for services by city/ZIP code and topic.

One valuable resource for older people in the Newport News area is the Peninsula Agency on Aging (PAA). The PAA advocates for local seniors and provides services such as in-home care, wellness classes, transportation, dining centers, and Meals on Wheels food delivery. [Contact PAA for more information.](#)

Newport News is home to many seniors who proudly served in the U.S. military. If you're a veteran or a military caregiver, you can find benefit assistance, housing for veterans and more at [VeteransNavigator.org](#).

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