

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

[Chesapeake Senior Resource Guide](#)



Credit: Visit Chesapeake

With suburban amenities, plenty of green space and the oceanfront just 30 minutes away, Chesapeake is a great place to live in retirement. One of the largest cities in Virginia, Chesapeake has an abundance of senior housing options and other services for older adults. But where should you begin your search? SeniorNavigator.org can help. We're a nonprofit that connects older Virginians with the information and resources they need: affordable housing, transportation, in-home care, medical care, financial assistance and more. Here are some of the most frequently searched senior services in Chesapeake.

Senior Housing in Chesapeake, 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 Chesapeake](#)**: Our directory includes 55+ communities, senior apartments and affordable housing options in Chesapeake and other Hampton Roads communities.
- **[Assisted Living in Chesapeake](#)**: These communities offer varying levels of help with daily activities.
- **[Continuing Care in Chesapeake](#)**: Life Plan Communities (also called continuing care communities) help people live well as they age, with multiple levels of care.
- **[Memory Care in Chesapeake](#)**: Some assisted-living communities offer specialized care for people who have Alzheimer’s disease, dementia or memory impairment.
- **[Nursing Homes in Chesapeake](#)**: These facilities offer skilled nursing, rehabilitation and long-term care.

Senior Care in Chesapeake, Virginia

Whether you’re caring for a loved one who needs a little support or you’re searching for resources to help you successfully age in place, SeniorNavigator can point you in the right direction. In-home care in the Chesapeake area costs around \$5,101 per month, on average, depending on the services you need.

- **[Adult Day Care and Senior Day Programs in Chesapeake](#)**: Some centers provide respite care and recreation, while others (like PACE programs) offer comprehensive healthcare and support services.
- **[In-Home Care in Chesapeake](#)**: In-home services may include companion care, housekeeping assistance or home health care from skilled aides.
- **[Caregiver Support in Chesapeake](#)**: Caring for a loved one can be emotionally and physically exhausting. You don’t have to do it alone — find caregiver support groups, education and respite care in the Tidewater area.

Senior Services in Chesapeake, Virginia

Chesapeake’s a big city, stretching over more than 350 square miles. For that reason, finding reliable senior transportation can be tough, in addition to the other challenges of aging in place. SeniorNavigator connects older Chesapeake residents with the services they need to live independently and stay healthy.

- **[Senior Transportation in Chesapeake](#)**: Options include I-Ride Transit, an accessible and low-cost transportation service in metro Hampton Roads and Western Tidewater.
- **[Home Modifications in Chesapeake](#)**: Local companies and agencies can help make your home safer and more accessible.
- **[Financial Assistance for Seniors in Chesapeake](#)**: Having trouble making ends meet on a fixed income? Take a look at these resources that provide financial help with utilities, housing, medical costs and more.

Need more help finding trustworthy resources for seniors in Chesapeake? Visit the [SeniorNavigator homepage](#) and search for services by city/ZIP code and topic. We're constantly updating our database to give you comprehensive, unbiased and reliable information.

One of the best resources for seniors in the Chesapeake area is Senior Services of Southeastern Virginia, the Area Agency on Aging serving Hampton Roads. SSSEVA offers caregiver support, free educational and wellness classes, Medicare counseling, senior transportation and paratransit, and Meals on Wheels food delivery. [Contact SSSEVA for more information.](#)

If you're a veteran, or if you're caring for a loved one who served in the military, you can use our VeteransNavigator site to search local supports and services. Find employment programs, benefit assistance, housing and more resources for Virginia veterans at [VeteransNavigator.org](#).

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Source URL

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Last Reviewed

Monday, April 8, 2024