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## [Norfolk Senior Resource Guide](#)



*Credit: Jiawei Zhao/Unsplash*

From the historic streets of Ghent to the laid-back beaches of Ocean View, Norfolk is a great place to live in retirement. This city of nearly 250,000 has many amenities for older residents, and SeniorNavigator can help you find the services you need. We're a nonprofit that connects older Virginians with valuable information and resources related to affordable housing, transportation, caregiver supports, in-home care, medical care, financial assistance and more. Here are some of the most frequently searched resources for senior living in Norfolk.

### **Senior Housing in Norfolk, 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 Norfolk](#)**: If you're searching for affordable senior housing options in Norfolk, start your search on SeniorNavigator. We list 55+ communities, senior apartments, Life Plan Communities and other senior living options in Norfolk and throughout South Hampton Roads.
- **[Assisted Living in Norfolk](#)**: These communities provide some help with daily activities while promoting independent living.
- **[Continuing Care in Norfolk](#)**: Life Plan Communities, often called continuing care communities, are designed for long-term living with various levels of care.
- **[Memory Care in Norfolk](#)**: Several senior living communities offer specialized care for people who have memory impairment. Norfolk also has many [resources for people with Alzheimer's and dementia and their caregivers](#), including support groups and memory assessment.
- **[Nursing Homes in Norfolk](#)**: Nursing facilities provide skilled nursing, rehabilitation and long-term care.

## Senior Care in Norfolk, Virginia

Are you caring for a loved one who needs some extra support, or do you need that support yourself?

SeniorNavigator lists Tidewater-area resources to help older residents and caregivers live independent and fulfilling lives.

- **[Adult Day Care and Senior Day Programs in Norfolk](#)**: Day programs for seniors include entertainment, recreation, meals and sometimes medical care.
- **[In-Home Care in Norfolk](#)**: In-home services, such as companion care and home health care, can allow seniors to continue living independently at home.
- **[Caregiver Support in Norfolk](#)**: Stressed by caregiving? Discover support groups, classes and respite programs near you.

## Senior Services in Norfolk, Virginia

The city of Norfolk has many resources designed to help older residents age in place, manage their finances and get to where they need to go.

- **[Senior Transportation in Norfolk](#)**: Did you know that Senior Services of Southeastern Virginia operates a special, low-cost transportation service for

older people and people with disabilities? [Learn more about I-Ride Transit](#) and discover more accessible transportation options.

- **[Home Modifications in Norfolk](#)**: Does your home need a wheelchair ramp, an accessible bathroom or other updates? Find a local company that can help.
- **[Financial Assistance for Seniors in Norfolk](#)**: If you're having trouble paying your bills, help may be available. Here are some Norfolk resources that provide financial help with utilities, meals, housing, medical costs and more.

Looking for a service that's not listed here? You may find what you're looking for in our comprehensive database. Visit the [SeniorNavigator homepage](#) and search for services by city/ZIP code and topic.

If you want to learn more about the resources available for seniors in the Norfolk area, reach out to 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](#).

Like all of Hampton Roads, Norfolk is home to many seniors who proudly served in the U.S. military. Are you a veteran, or are you caring for a loved one who's a former servicemember? Find local employment programs, benefit assistance, housing for veterans and more at [VeteransNavigator.org](#).

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