Alexandria Senior Resource Guide

Credit: Stephen Walker/Unsplash

Alexandria offers a phenomenal quality of life for older Virginians, with walkable neighborhoods, historic charm and all the amenities of Washington a short drive away. Not only that, but Alexandria was the first community in the state to be accepted into the AARP/World Health Organization Network of Age-Friendly Communities, signifying the city's commitment to supporting its older residents. However, the cost of living in Alexandria is nearly 50% higher than the U.S. average, according to BestPlaces.

If you're searching for senior transportation, in-home care, or affordable senior housing in Alexandria, SeniorNavigator can help. We're a statewide nonprofit that connects older Virginians with valuable information and supports. Below, you'll find some of the most frequently requested resources for senior living in Alexandria.

Senior Housing in Alexandria, 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 Alexandria](#): Alexandria's independent senior living options offer tons of amenities: meals, arts programs, gyms and wellness programs, pet-friendly apartments and cultural outings.
- [Assisted Living in Alexandria](#): Assisted living communities provide various levels of support for daily living, including meals, transportation, laundry services and housekeeping.
- [Continuing Care in Alexandria](#): Continuing care communities, or Life Plan Communities, help people plan for the long term by offering multiple levels of care in one location.
- [Memory Care in Alexandria](#): Did you know that Alexandria is officially a Dementia Friendly community? Several senior living communities in Alexandria offer compassionate care for people with memory challenges, including dementia and Alzheimer's disease.
- [Nursing Facilities in Alexandria](#): Skilled nursing facilities can provide short- or long-term nursing care and rehabilitation.

Senior Care in Alexandria, Virginia

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

- [Adult Day Care and Senior Day Programs in Alexandria](#): Instead of staying home alone, Alexandria-area seniors can participate in day programs that offer activities, meals and medication management.

- [In-Home Care in Alexandria](#): In-home services can include companionship, housekeeping, and skilled nursing care.
- [Caregiver Support in Alexandria](#): Whether you're a long-time caregiver or just getting started, you don't have to go it alone. Find local support groups, respite programs and coaching sessions.

Senior Services in Alexandria, Virginia

It's possible to age in place successfully in Alexandria, thanks to resources such as paratransit, home repair and modification programs, and other services.

- [Senior Transportation in Alexandria](#): If you're unable to use public transit, you can apply for [paratransit taxi service through Senior Services of Alexandria](#).
- [Home Modifications in Alexandria](#): Several local companies and agencies can modify your home to improve accessibility and reduce the risk of falls.
- [Financial Assistance for Seniors in Alexandria](#): To balance the high cost of senior living in Alexandria, resources are available to help qualifying residents pay for heating, cooling, home repairs, medical care and financial emergencies.

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

One essential resource for older people in the Alexandria area is the local Area Agency on Aging: the Alexandria Aging and Adult Services Division. The division provides senior services such as caregiver resources, in-home assistance, and financial aid. [Contact the Alexandria Aging and Adult Services Division here.](#)