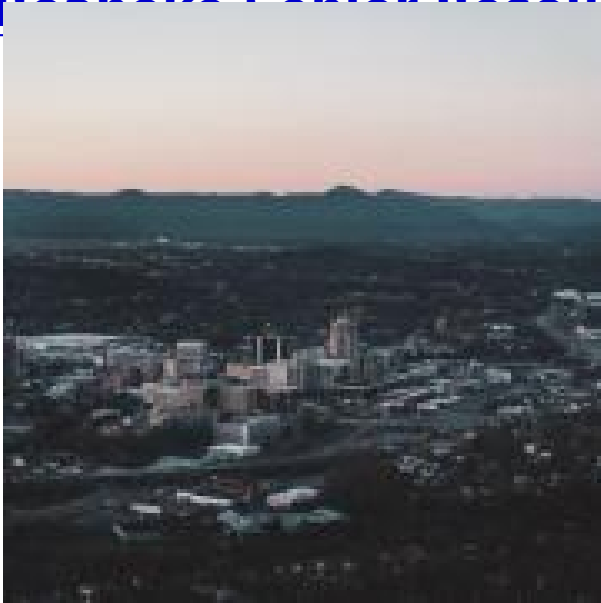


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## Roanoke Senior Resource Guide



*Credit: Zach Kadolph/Unsplash*

Roanoke's abundant natural beauty and small-city charms make it a perfect place to retire. Like Asheville, N.C. or Boulder, Colo., this city in southwest Virginia offers stunning mountain scenery and outdoor fun. Unlike those cities, Roanoke is an affordable place to live, with a cost of living well below the national average.

Searching for senior services and supports in Roanoke, VA? SeniorNavigator will point you in the right direction. We're a nonprofit that connects older Virginians with valuable information and resources related to senior housing, transportation, caregiver supports, in-home care, medical care, financial assistance and more. Here are a few of the most frequently searched resources for seniors in Roanoke.

### **Senior Housing in Roanoke, 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.

Housing options for older Roanoke residents include:

- **[Senior Housing in Roanoke](#)**: Whether you're looking for independent senior living, Life Plan Communities, or affordable apartments, there are dozens of options in the Roanoke area.
- **[Assisted Living in Roanoke](#)**: There are various levels of assisted living, depending on how much assistance you may need with housekeeping, meal preparation, managing medications, etc.
- **[Continuing Care in Roanoke](#)**: The Roanoke area has at least five Life Plan Communities, which provide higher levels of care when you need it.
- **[Memory Care in Roanoke](#)**: SeniorNavigator lists several local senior communities that offer compassionate care for people with Alzheimer's or dementia.
- **[Nursing Homes in Roanoke](#)**: Nursing facilities may offer rehabilitation, skilled nursing and/or long-term care.

## Senior Care in Roanoke, Virginia

SeniorNavigator lists Roanoke-area programs and resources that can help older residents live independent and fulfilling lives, as well as give caregivers a break.

- **[Adult Day Care Centers in Roanoke](#)**: Day programs offer fun social activities as well as meals, medication management, exercise and more.
- **[In-Home Care in Roanoke](#)**: In-home housekeeping, health care or companion services can help older Virginians live independently for longer.
- **[Caregiver Support in Roanoke](#)**: Find local caregiving support groups, training and respite programs that can make life a little easier.

## Senior Services in Roanoke, Virginia

The Roanoke area is home to many senior services organizations, including Meals on Wheels, active senior centers and the Local Office on Aging.

- **[Senior Transportation in Roanoke](#)**: The Local Office on Aging offers a few transportation services for seniors who need someone to accompany them to medical appointments or require a ride to obtain important services.

- **[Senior Centers in Roanoke](#)**: Your neighborhood senior center is a one-stop shop for recreational activities, social events, wellness programs and more.
- **[Home Modifications in Roanoke](#)**: If your home needs crucial repairs or modifications to make it accessible, Roanoke has several programs and companies that can help.
- **[Financial Assistance for Seniors in Roanoke](#)**: If you're falling behind on bills, don't struggle in silence. Ask for help from local programs that assist seniors with utilities, groceries, housing, medical costs and more.

Looking for a service that's not listed here? Try searching our comprehensive database of services and programs related to aging, health and wellness. Visit the [SeniorNavigator homepage](#) and search for services by city/ZIP code and topic.

One great resource for seniors in the Roanoke area is the Local Office on Aging (LOA). This organization offers caregiver support, care coordination, legal assistance, assisted transportation, Meals on Wheels food delivery and more. [Contact the LOA for more information](#).

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