

## Editor's Picks

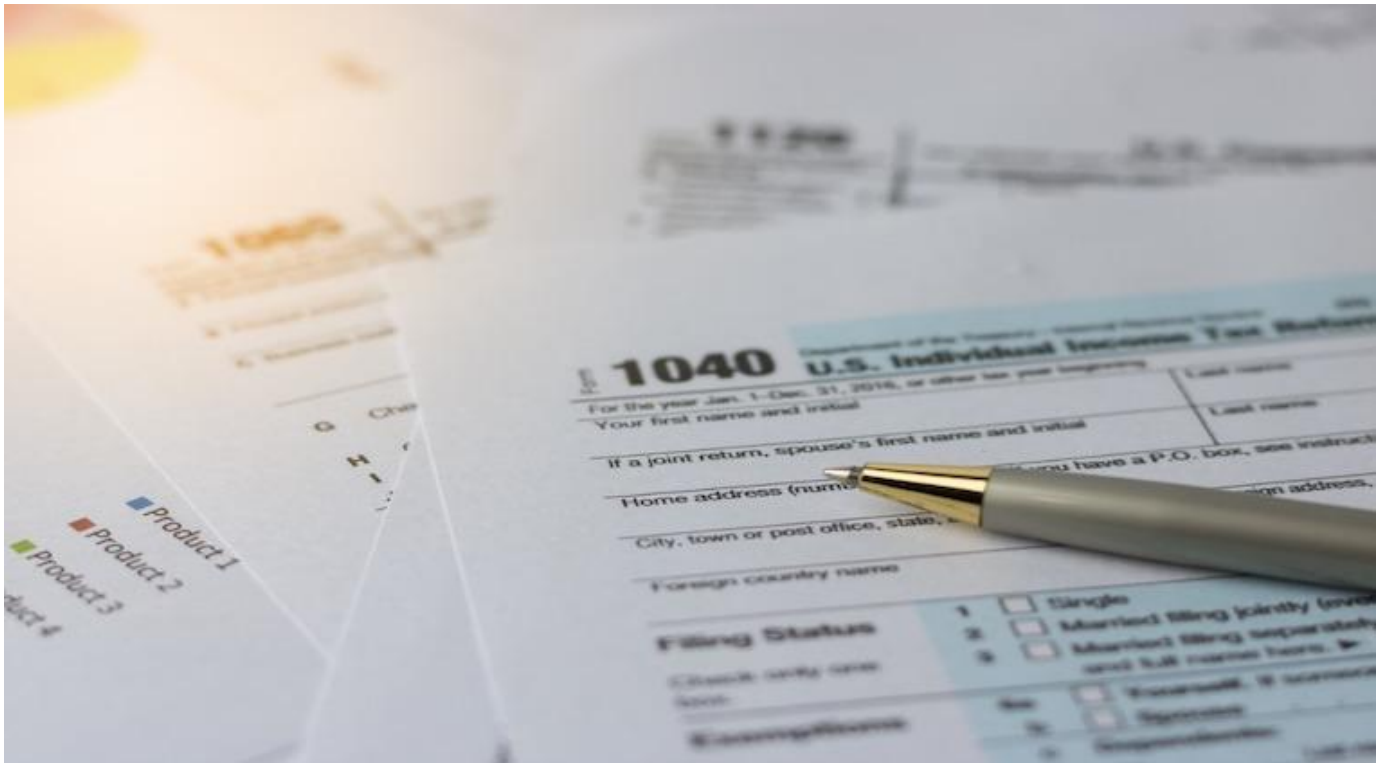
[Image](#)



### [How to Explore Virginia Long Term Services and Supports](#)

Use the Virginia Long Term Services and Supports (LTSS) Finder to find senior housing options and supports that can enable you to remain at home, receiving care and assistance as needed. The finder will help you locate community services and supports.

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## [What's New as You Get Ready to File Your Taxes](#)

The Internal Revenue Service urges taxpayers to take important actions now to help them file their 2023 federal income tax return. Learn about changes and updates.

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## **6 Tips for Talking with Your Doctor About Falls**

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

[Image](#)



## **Solo Aging with Confidence ~ You Don't Need to Go it Alone**

Aging solo can be liberating but it can also feel daunting. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net.

[Image](#)



## **How to Prevent Cancer or Find it Early**

You can lower your risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best. Learn more about how to lower your risk of getting cancer.

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## [Sharing Your Family Story](#)

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

[Image](#)



## [All About the SNAP Nutrition Program](#)

The Supplemental Nutrition Assistance Program (SNAP) helps people buy the food they need for good health. Good nutrition and eating a healthy diet can be done on a limited budget.

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## **About**

### **We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

# Senior Resources

## Find Resources for You

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

## Find Resources for You

- [Aging Well](#)
- [Caregiving](#)
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- [Financial](#)
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If we've helped you connect with helpful resources and support, please share your story.

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

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