

Editor's Picks

[Image](#)



It's National Family Caregivers Month

November is National Family Caregivers Month and is a time to recognize and honor family caregivers across the country, raise awareness, celebrate family caregivers, and increase support and assistance for family caregivers.

[Image](#)



VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

[Image](#)



Social Security Benefits Increase 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

[Image](#)



3 New Ways That Medicare Is Supporting Family Caregivers

Changes are underway to help educate family caregivers on ways to provide care for loved ones. A new program, designed to improve the quality of life for people with dementia and their unpaid caregivers, is also in the works.

[Image](#)



Medicare Open Enrollment: Everything You Need to Know

Every October, Medicare gives beneficiaries a chance to review coverage and make changes for the coming year. Evaluate your options and review changes coming in 2025, especially if your health has changed.

[Image](#)



Physical Activity Boosts Brain Health

Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression, and has many health benefits.

[Image](#)



[Virginia Long Term Services and Supports \(LTSS\) Finder](#)

Use the Virginia LTSS Finder to explore senior housing options and a range of supports that enable individuals to remain in their homes, receiving care and assistance as needed. Locate independent living, assisted living, memory care, hospice and home care in your community.

[Image](#)



Geriatric Care Managers Can Make a Difference!

Geriatric Care Managers, sometimes called aging life care managers, can help advocate for older adults and their caregivers. They act as private advocates and guides for family members who want to ensure their loved one is in the best hands.

[Image](#)



Road Scholar Programs and Travel

Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We are a diverse community of knowledge seekers and explorers, united in the belief that lifelong learning is a vital part of overall wellbeing.

[Image](#)

[ask an expert question](#)

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

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](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)

Stay Connected

Follow Us

- [vn Facebook](#)
- [vn LinkedIn](#)
- [vn Vimeo](#)

Image



[Share Your Story](#)

If we've helped you connect with helpful resources and support, please share your story.

[Ask an Expert](#)

[Caregiver Tech Tool Finder](#)

[Sign Up for Our Newsletter](#)

[View Upcoming Events](#)

[Partner With Us](#)

[Donate to Support Our Mission](#)

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.

[Learn More](#)

Current and Past Partners

[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



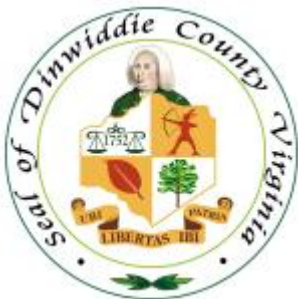
[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)

Genworth  Foundation

[Image](#)



[Image](#)



[Image](#)

 INOVA HEALTH SYSTEM

[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)



[Image](#)

Theresa A. Thomas
Memorial Foundation

[Image](#)



[Image](#)



[Image](#)

[Image](#)



[View All Partners and Sponsors](#)

,

,

,

[View PDF](#)