Editor's Picks

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[Use IRS Free File for 2024 Income Taxes](#)

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

[Image](#)

[AARP Fraud Watch Network Helpline](#)

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers provide guidance you can trust, free of judgment.

[Image](#)

[Mind Your Meds: Safe Medication Disposal](#)

Learn how to safely dispose of opioids and other pain medication in this guide for caregivers and older adults. It's important to use pain medication safely and get rid of medications when you are done.

[Image](#)

[Connecting Hungry Seniors with SNAP](#)

The Supplemental Nutrition Assistance Program (SNAP) helps people stretch their food budgets and puts healthy foods within reach.

[Image](#)

Tips for Over-the-Counter (OTC) Hearing Aids

OTC hearing aids are now available for directly to consumers without a prescription or medical consultation. Explore tips for adults 18 and over with mild-to-moderate hearing loss.

[Image](#)

Getting Started with Long Distance Caregiving

Anyone who is caring for an aging friend, relative or parent from afar can be considered a long-distance caregiver. Long-distance caregivers can take on many different roles.

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[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.

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[Truist: Money and Mindset](#)

Truist Money and Mindset is a free service to help you gain confidence in managing and planning your financial future. When you reframe your relationship to money, a positive mindset can lead to positive changes.

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ask an expert question
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[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

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

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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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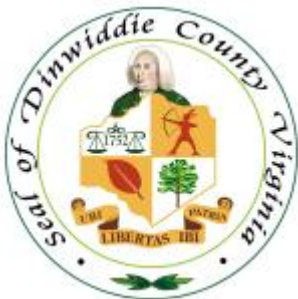

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