

## Explore Community Topics

[Community Based Services](#)

[Recreation and Learning](#)

[Community Best Practices and State Plans](#)

## Explore Community Resources

Articles

### [\*\*AARP Livability Fact Sheets: The Complete Collection\*\*](#)

The Livability Fact Sheets were created in partnership by AARP Livable Communities and the Walkable and Livable Communities Institute with a shared goal of helping local communities become safer, healthier, more walkable and more livable for people of all ages.

Source

[AARP](#)

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## Recent Community Articles

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Article

### [\*\*Public Comment Period for Draft Amendments to the DARS State Plan for Aging Services\*\*](#)

The Virginia Department for Aging and Rehabilitative Services has released draft amendments to the State Plan for Aging Services to align it with updated federal Older Americans Act regulations. There is a Public Comment Period from March 24 to April 23, 2025. Comments can be submitted online, via email, mail, or fax.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

## **Road Scholar Program**

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

Article

## **Make a Plan ~ Emergency Preparedness for Your Family**

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Source

[Ready.gov](#)

Article

## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **AARP Livability Fact Sheets: The Complete Collection**

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Article

## **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.

Source

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## **More for You**

### **Features**

- [Ask an Expert](#)
- [Senior Navigator: Guide for Aging Well and Caregiving](#)
- [Transitions in Care Resources](#)

### **Staying Connected**

- [engAGED: Nat'l Resource Center for Engaging Older Adults](#)
- [Senior Resources Near Me](#)
- [Social Engagement Tools and Resources](#)
- [Virginia Long Term Services and Supports \(LTSS\) Finder](#)

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