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[**Technology Tools to Help Guard Against Elder Financial Abuse**](#)

Be aware of the risk of financial exploitation for older adults and learn about technology tools to help. AARP identifies websites and companies that can help you flag suspicious behavior and put up financial guardrails to protect your assets.

Source

[AARP](#)

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Article

[**Social Security Announces 2.5 Percent Benefit Increase for 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.

Source

[Social Security Administration](#)

Article

3 New Ways That Medicare Is Supporting Family Caregivers

Family caregivers are often thrust into caregiving with little notice and can find themselves navigating a complex medical system without any training or guidance. Explore new ways that Medicare is supporting family caregivers.

Source

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Article

How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

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Article

Medicare Open Enrollment: Everything You Need to Know

Learn everything you need to know about Medicare Open Enrollment including options, dates and resources to help!

Source

[AARP](#)

Article

Virginia Medicaid Coverage for Adults

Medicaid has health coverage programs for adults in Virginia who qualify. There are no enrollment costs and no monthly premiums for adults between 19-64 years old who qualify.

Source

[Cover Virginia](#)

Article

Cardinal Care: A Program for All Medicaid Members

Virginia Medicaid members will soon be part of Cardinal Care - a single system of care for all of our 2 million members. Cardinal Care will connect members to the care that they need when they need it and reduce transitions between programs as their health care needs evolve.

Source

[Virginia Department of Medical Assistance Services](#)

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- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)

Staying Connected

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