

## **Health Care Settings and Providers**

Virginia is known as a great state for health care, with a strong network of providers and highly ranked hospitals. Find health care providers near you, including adult day care centers, PACE programs, community health centers, free clinics, community services boards, health departments, home health agencies, hospice care, and hospitals.



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Books & Guides

## **A Guide to Senior Rehabilitation Centers**

Senior rehabilitation centers provide medical care and skilled nursing services that help patients make a full post-treatment recovery. This guide introduces senior rehabilitation centers, explores who might need rehab care and gives an overview of typical services.

Source

[Caring.com](https://www.caring.com)

Article

## **10 Tips For Finding The Right Home Care Agency**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](https://www.today'scaregiver.com)

Links

## **CDC Complete Care Plan Form**

Source

[CDC Complete Care Plan Form](https://www.cdc.gov)

Links

## **Disability Information and Access Line (DIAL)**

Source

[Disability Information and Access Line \(DIAL\)](https://www.dial.gov)

Article

## **What You Need to Know About Monkeypox**

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal.

Source

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

Article

## **Talking With Your Doctor or Health Care Provider**

Clear and honest communication between you and your physician or health care team can help you both make informed choices about your health.

Source

[National Institutes of Health](#)

Links

## **HEAT.Gov - National Integrated Heat Health Information System**

Source

[HEAT.Gov - National Integrated Heat Health Information System](#)

Article

## **How to Stay Healthy as Summer Temps Rise**

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

Source

[AARP](#)

Article

## **Adult Day Services and Respite ~ Fact Sheet**

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Article

## **Virtual Advance Care Planning Conversations from Honoring Choices Virginia**

Find out about Honoring Choices Virginia's Virtual Advance Care Planning Conversations.

Source

[Honoring Choices® Virginia](#)

## **Pagination**

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Page 9](#)
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 90 Results