

[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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Article

[Genworth Cost of Care Survey Tool](#)

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source
Genworth
Books & Guides

You Can BREAKFREE from Tobacco

The Virginia Department of Health (VDH) Quit Now Virginia program has created a BREAKFREE guide to help you develop a plan to quit and prepare for what to expect, how to be successful and how to prevent relapse.

Source

[Virginia Department of Health](#)

Article

Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Links

Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

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](#)

Links

CDC Complete Care Plan Form

Source

[CDC Complete Care Plan Form](#)

Links

Disability Information and Access Line (DIAL)

Source

[Disability Information and Access Line \(DIAL\)](#)

Article

What You Need to Know About Mpox (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 \(CDC\)](#)

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](#)

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