

If you are thinking about long term care options for you or a family member, there are many resources available to assist you in this process. We all want to live independently as long as possible, but there are times when you or your loved one might need assistance due to health or other needs.



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[**Virginia Long Term Services and Supports \(LTSS\) Finder**](#)

Need help understanding long term services and supports options in your community? The Virginia Long Term Services and Supports (LTSS) Finder will help you find home care, independent living, assisted living, memory care, and hospice in your community.

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A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners contains resources and information for advanced care planning.

Source

[BOLD Public Health Center of Excellence on Dementia Caregiving \(PHCOE-DC\)](#)

Article

How Continuing Care Retirement Communities Work

Continuing care retirement communities, also known as CCRCs or life plan communities, are a long-term care option for older people who want to stay in the same place through different phases of the aging process.

Source

[AARP](#)

Books & Guides

Senior Virginians Handbook: Legal Information and Resources

The Senior Virginians Handbook was developed by the Senior Lawyers Conference of the Virginia State Bar and provides a legal resource for senior citizens.

Source

[Virginia State Bar \(VSB\)](#)

Books & Guides

Conversation Starter Guide: For Caregivers of People with Alzheimer's or Other Forms of Dementia

The Conversation Starter Guide called For Caregivers of People with Alzheimer's or Other Forms of Dementia will help you and your family to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

The Conversation Project has additional Conversation Starter Guides available on related topics to help you have "the conversation" with the important people in your life about future health care needs including end-of-life care.

Source

[The Conversation Project](#)

Links

LeadingAge Consumer Information Hub

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[LeadingAge Consumer Information Hub](#)

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Nursing Home Inspect from Pro Publica

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Virtual Advance Care Planning Conversations from Honoring Choices Virginia

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

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AARP Long-Term Care Cost Calculator

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