

## [Long Term Care](#)

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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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

Article

## **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.

Source

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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](#)

Links

## **Nursing Home Inspect from Pro Publica**

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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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[Honoring Choices® Virginia](#)

Links

## [AARP Long-Term Care Cost Calculator](#)

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[AARP Long-Term Care Cost Calculator](#)

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