

Editor's Picks

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[Absentee and Early Voting in Virginia](#)

Learn about absentee and early voting options in Virginia including voting by mail, emergency absentee voting, and early voting in person.

[Image](#)



Geriatric Care Managers Can Make a Difference!

Geriatric Care Managers, sometimes called aging life care managers, can help advocate for older adults and their caregivers. They act as private advocates and guides for family members who want to ensure their loved one is in the best hands.

[Image](#)

DEA NATIONAL ^{Rx} TAKEBACK

[National Prescription Take Back Day ~ October 26, 2024](#)

Remember to dispose of unused or unneeded prescription medications during the DEA National Drug Take Back Day on Saturday, October 26 from 10am to 2pm.

[Image](#)



3 New Ways That Medicare Is Supporting Family Caregivers

Changes are underway to help educate family caregivers on ways to provide care for loved ones. A new program, designed to improve the quality of life for people with dementia and their unpaid caregivers, is also in the works.

[Image](#)



A Simple Guide to SNAP Benefits

If you're having a hard time affording groceries for yourself or your family, the Supplemental Nutrition Assistance Program (SNAP) may be able to help. SNAP helps people stretch their food budgets and puts healthy foods within reach.

[Image](#)



Physical Activity Boosts Brain Health

Physical activity can help you think, learn, problem-solve, and enjoy an emotional balance. It can improve memory and reduce anxiety or depression, and has many health benefits.

[Image](#)



[Virginia Assisted Living Finder](#)

Need help understanding and simplifying assisted living options? Assisted living is typically offered in residential communities that offers personalized help with the activities of daily living.

[Image](#)

[ask an expert question](#)

[What is Ask an Expert?](#)

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

About

We're Here to Help You Navigate Your Journey

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

Senior Resources

Find Resources for You

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

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Explore the Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder provides a curated list of the best apps, websites, wearables and other tech tools for caregivers.

[Learn More](#)

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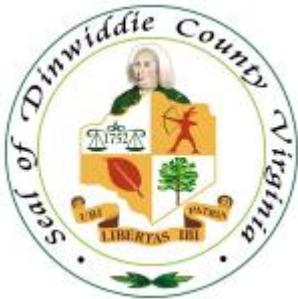
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