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## Assisted Living Options

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. **Use the Finder Tool below** to explore senior housing options and supports including assisted living. Also offered are related services including independent living, memory care, veteran homes, and nursing facilities.

If you're seeking a continuum of care in one place, then check out life plan communities (LPC), formerly know as continuing care retirement communitites (CCRC).

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## Assisted Living Related Resources

## **LeadingAge Virginia**

LeadingAge Virginia is a community of Virginia nonprofit aging services providers and other organizations serving older adults. Explore their [resources page](#) for more information.

## **Free Expert Advice**

Utilize Ask an Expert – where you can receive free, confidential expert advice for housing and caregiving related questions and concerns.

## **Consumer Guide to Life Plan Communities**

Use this [informative guide](#) if you are seeking information and resources about Life Plan Communities (LPC) or Continuing Care Retirement Communities (CRC).

## **Caregiver Tech Tool Finder**

The Caregiver Tech Tool Finder gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech.

## **Frequently Asked Questions**

**What should I look for in selecting an assisted living community?**

Use this [Consumer Guide](#) to help you choose an assisted living residence to meet your needs.

**There are many housing options for older adults and it can be confusing.  
Can you help me better understand what is out there?**

Overwhelmed by all the senior housing possibilities? The article [Housing Options for Older Americans](#) provides a helpful overview of the various living situations and factors to consider in your decision making.

**How can I get started with having tough caregiving conversations with my loved ones?**

Sometimes taking the first step is the hardest. As you explore housing options, here are [helpful strategies to make having difficult family conversations more comfortable](#) and productive.

**What is a life plan community? How is it different from other senior housing options?**

A Life Plan Community offers all levels of care in one community including independent and assisted living and nursing care. To find out more, this article [provides a great overview](#)!

**How can I assess the quality of nursing care facilities for my loved one?**

When looking for nursing home care, it's a good idea to do your research both online and in-person. [This article can help you determine which facility will best meet your family members needs.](#)

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