Editor's Picks

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[How to Explore Virginia Long Term Services and Supports](#)

Use the Virginia Long Term Services and Supports (LTSS) Finder to find senior housing options and supports that can enable you to remain at home, receiving care and assistance as needed. The finder will help you locate community services and supports.

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[National Prescription Drug Take Back Day ~ April 27th](#)

Remember to dispose of unused or unneeded prescription medications during the DEA National Prescription Drug Take Back Day on Saturday, April 27 from 10am to 2pm. Learn more about where you can go to dispose of your medications.

[Image](#)

[Celebrate Earth Day 2024: Climate Change Tips](#)

This annual celebration honors the many achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

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[6 Tips for Talking with Your Doctor About Falls](#)

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

[Image](#)

[Solo Aging with Confidence ~ You Don't Need to Go it Alone](#)

Aging solo can be liberating but it can also feel daunting. By taking proactive steps and surrounding yourself with proper professional guidance, you can create your own safety net.

[Image](#)

How to Prevent Cancer or Find it Early

You can lower your risk of getting many common kinds of cancer by making healthy choices. Screening tests can find some cancers early, when treatment works best. Learn more about how to lower your risk of getting cancer.

Image

Sharing Your Family Story

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Image

[All About the SNAP Nutrition Program](#)

The Supplemental Nutrition Assistance Program (SNAP) helps people buy the food they need for good health. Good nutrition and eating a healthy diet can be done on a limited budget.

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

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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.

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