

Editor's Picks

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[AARP Livability Index](#)

How livable is your Community? The AARP Livability Index scores neighborhoods and communities across the U.S. for the services and amenities that affect the quality of life for people of all ages.

[Image](#)



SUN Bucks Grocery Benefits for Kids

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can get \$120 per child to buy groceries during the summer. SUN Bucks may have a different name depending on your location.

[Image](#)

[garden plants greenery](#)

8 Ways to Boost the Health Benefits of Gardening

Gardening is good for you. Studies show that benefits include everything from stronger hands to healthier hearts and longer lives. Gardening also can be a boon for the mind and a way to connect with other people.

[Image](#)



10 Ways to Love Your Brain

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline. Incorporate these habits into your life to help maintain a healthy brain. Take charge of your brain health today — it's never too early or too late to start.

[Image](#)



Extreme Heat and Your Health

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. There can be health effects so it's important to know the signs and symptoms of heat-related illnesses.

[Image](#)



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

Use the Virginia LTSS Finder to explore senior housing options and a range of supports that enable individuals to remain in their homes, receiving care and assistance as needed.

[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.

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