

## **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. Learn about adult day care, geriatric assessment, home health care, palliative and hospice care, and more.



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## **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](#)

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## **Can I Get Paid to Be a Caregiver for a Family Member?**

There are programs to help alleviate the financial burden of family caregiving.

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[AARP](#)

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

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[Nursing Home Inspect from Pro Publica](#)

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## **What Is a Geriatric Care Manager?**

A geriatric care manager can help you and your family identify needs and find resources to meet your needs.

Source

[National Institute on Aging](#)

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## **Aging in Place: Your Home, Your Community, Your Choice**

Learn more about the essentials of a successful plan using the materials available on this web page. Topics covered include: housing, health and wellness, transportation, personal finance, and social connections and growth.

Source

[Aging in Place: Your Home, Your Community, Your Choice](#)

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## **Adult Day Services and Respite ~ Fact Sheet**

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

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[ARCH National Respite Network and Resource Center](#)

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## **Age and Ability Inclusion Toolkit for Senior Living**

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[Age and Ability Inclusion Toolkit for Senior Living](#)

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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](#)

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## **AARP Long-Term Care Cost Calculator**

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

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## **Fintech Financial Resources from AARP Foundation and Chase**

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