

## Editor's Picks

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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.

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# VIRGINIA



## **Virginia Fresh Match**

Virginia Fresh Match helps you buy more fruits and vegetables when you spend your SNAP dollars at participating farmers markets. Learn more and find a location near you.

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[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.

[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](#)



## **[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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## **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.

### Find Resources for You

- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)

## Stay Connected

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If we've helped you connect with helpful resources and support, please share your story.

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### [Caregiver Tech Tool Finder](#)

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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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