Family Caregiver Resources for Virginia from AARP

Caregiving may be one of the most important, and challenging, roles you'll ever take on. No matter where you are in your caregiving journey — starting to plan; taking care of a family member in your home, in a facility, or from a distance; or managing end-of-life caregiving responsibilities — having resources at your fingertips will make the process easier.

AARP developed this family caregiver guide with you, the caregiver, in mind and as a starting point to help you find the services and support you might need throughout your journey.

To order a print copy of this online guide, call the toll-free AARP Family Caregiving Resource Line at 877-333-5885 and indicate which state(s) you would like to receive. A copy will be mailed to you.

General Resources

- Supporting Family Caregivers in Your State
  - AARP has a website dedicated to providing you with information about how we're advocating for caregivers in your state.

- Virginia Association of Area Agencies on Aging (V4a) (804-545-1644)

- Each of the state's 25 local Area Agencies on Aging provides an array of services to older Virginians. Services may include home delivered meals, in-home assistance, legal aid, transportation and care coordination. 24 E. Cary Street, Suite 100 Richmond, VA 23219

- [Virginia 211](#) (2-1-1)
  - 2-1-1 Virginia is a free service that provides information and referrals to community services 24 hours a day, seven days a week.

- [CommonHelp](#) (855-635-4370 toll-free)
  - CommonHelp is Virginia's convenient way to apply for health care coverage, food assistance, childcare, heating/cooling assistance and cash assistance.

- [VirginiaNavigator](#) (804-525-7728 | 866-393-0957 toll-free)
  - VirginiaNavigator is a nonprofit online platform for information and services for older adults, people with disabilities, veterans, caregivers and their families.

Health Resources

- [Medicare.gov – Medicare Nursing Home Compare](#)
  - Nursing Home Compare has detailed information about every Medicare certified nursing home in the country.

- [Cover Virginia](#) (855-242-8282 toll-free | 888-221-1590 TDD)
  - Cover Virginia connects Virginians to affordable health care by providing information on Virginia's Medicaid and FAMIS programs for children, pregnant women and adults. Individuals can also get information about health insurance options available through the federal health insurance marketplace.

Home- and Community-Based Resources

- [Office of the State Long-Term Care Ombudsman](#) (804-565-1600 | 800-552-3402)
    - An Ombudsman serves as an advocate on behalf of older people to investigate and resolve complaints from nursing home and assisted living residents and persons receiving community-based long-term care, including Medicaid Managed Care. 8004 Franklin Farms Dr. Henrico, VA 23229

- [Office for Aging Services –Virginia Lifespan Respite Voucher Program (VLRVP)](#) (800-552-3402)
    - VLRVP offers vouchers to Virginia caregivers to pay for short-term, temporary relief for those who reside full time in the home of the family member they care for. Caregivers who apply and are approved may qualify for a one-time reimbursement of $400. 1610 Forest Ave., Suite 100 Henrico, VA 23229

Financial Resources

- [AARP Foundation's Benefits QuickLINK](#)
    - Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation's Benefits QuickLINK tools.

- [Virginia Livable Home Tax Credit (LHTC)](#) (804-371-7000)
    - This program is designed to improve accessibility and universal visitability by providing state tax credits for the purchase of new residential housing units or the retro-fitting of existing units. Virginia Department of Housing and Community Development, 600 East Main St., Suite 300, Richmond, VA

23219

Legal Resources

- [VALegalAid.org](#) (866-534-5243 (LEGLAID))
  - VALegalAid.org provides services and support to low-income families to solve civil legal problems in every city and county in Virginia.

Workplace/Employer Resources

- [Supporting Caregivers in the Workplace](#)
  - AARP offers valuable resources to help employers create a caregiver friendly workplace.

Specific Audience Resources

- [AARP Caregiving Guides](#)
  - AARP offers free caregiving guides for specific audiences, including guides for military families and LGBT individuals. The guides, also offered in Spanish and Chinese, are designed to help develop and implement a caregiving plan.

Care for Caregivers

- [Community Connections](#)
  - AARP Community Connections is a new website that offers steps to get or give help. You can organize online mutual aid groups to stay connected, share ideas and support those in need.

- [Create the Good](#)
  - Create the Good connects people with volunteer opportunities and project ideas to share their life experiences, skills and passions in their communities.

- [Office for Aging Services – The Virginia Caregiver Coalition (VCC)](#) (804-588-3978)
  - The VCC is dedicated to improving the caregiving experience across its lifespan through education and resource accessibility so caregivers feel

valued, respected and supported. The VCC meets every other month. Virginia Department for Aging and Rehabilitative Services, 1610 Forest Ave., Suite 100 Henrico, VA 23229

AARP Resources for Family Caregivers

- [AARP Family Caregiving Website](#) (en español: [aarp.org/cuidar](#))
  - AARP's Family Caregiving website is your one-stop shop for tips and tools to help you care for a loved one. It has valuable information about handling medical issues, health records and advance directives, home safety, financial and legal issues, caregiver life balance and much more.

- AARP Family Caregiving Resource Line (877-333-5885 toll-free, *en espanol; 888-971-2013 toll-free*
  - Connect with a real person and learn how to access local resources via our toll-free family caregiving hotline.

- [AARP Family Caregivers Facebook Group](#)
  - Join the AARP Family Caregivers Discussion Group on Facebook to connect, ask questions and share ideas with other family caregivers.

- [Community Resource Finder](#)
  - Community Resource Finder, a joint service from the Alzheimer's Association and AARP, is a database of dementia- and aging-related resources powered by Carelike. The online tool makes it easy to find local programs and services.

- [I Heart Caregivers](#)
  - Join the thousands of family caregivers who have shared their experiences through AARP's storytelling initiative, I Heart Caregivers. Your story will help AARP continue to fight for more support for family caregivers.

- [AARP Online Caregiving Community](#)
  - Join our community and connect with other caregivers like you.

- [AARP HomeFit Guide](#)
  - The AARP HomeFit Guide can help individuals and families make their current or future residence age-friendly. It can also help elected officials, policymakers and local leaders learn about and advocate for the types of

housing features and designs that communities need so that their residents can live safely and comfortably and thrive.

- National Resources for Family Caregivers
  - A listing of national agencies, groups and organizations that can connect family caregivers with direct services and supports.

► If you have thoughts about how AARP can improve this resource guide, we invite you to go to aarp.org/preparetocaresurvey (en español: aarp.org/encuestacuidador).

AARP was founded in 1958 and has over 38 million members. It is a nonprofit, nonpartisan organization for people over the age of 50. AARP is well-known for its advocacy efforts, providing its members with important information, products and services that enhance quality of life as they age. They also promote community service and keep members and the public informed on issues relating to the over 50 age group.

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