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Assisted Living Options

Need help understanding and simplifying assisted living options?

Assisted living is typically offered in residential communities that offers personalized help with the activities of daily living. **Use the Finder Tool below** to explore senior housing options and supports including assisted living. Also offered are related services including independent living, memory care, veteran homes, and nursing facilities.

If you're seeking a continuum of care in one place, then check out life plan communities (LPC), formerly know as continuing care retirement communitites (CCRC).

Assisted Living Related Resources

LeadingAge Virginia

LeadingAge Virginia is a community of Virginia nonprofit aging services providers and other organizations serving older adults. Explore their [resources page](#) for more information.

Free Expert Advice

Utilize Ask an Expert – where you can receive free, confidential expert advice for housing and caregiving related questions and concerns.

Consumer Guide to Life Plan Communities

Use this [informative guide](#) if you are seeking information and resources about Life Plan Communities (LPC) or Continuing Care Retirement Communities (CRC).

Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech.

Frequently Asked Questions

What should I look for in selecting an assisted living community?

Use this [Consumer Guide](#) to help you choose an assisted living residence to meet your needs.

**There are many housing options for older adults and it can be confusing.
Can you help me better understand what is out there?**

Overwhelmed by all the senior housing possibilities? The article [Housing Options for Older Americans](#) provides a helpful overview of the various living situations and factors to consider in your decision making.

How can I get started with having tough caregiving conversations with my loved ones?

Sometimes taking the first step is the hardest. As you explore housing options, here are [helpful strategies to make having difficult family conversations more comfortable](#) and productive.

What is a life plan community? How is it different from other senior housing options?

A Life Plan Community offers all levels of care in one community including independent and assisted living and nursing care. To find out more, this article [provides a great overview](#)!

How can I assess the quality of nursing care facilities for my loved one?

When looking for nursing home care, it's a good idea to do your research both online and in-person. [This article can help you determine which facility will best meet your family members needs.](#)

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