

## Local Resources

Alzheimer's Association  
6350 Center Drive, #102  
Norfolk, VA 23502  
757-459-2405  
1-800-272-3900  
[www.alz.org](http://www.alz.org)

Senior Services of Southeastern Virginia  
6350 Center Drive, #101  
Norfolk, VA 23502  
757-461-9481  
[www.ssseva.org](http://www.ssseva.org)  
email – [services@ssseva.org](mailto:services@ssseva.org)

Peninsula Agency on Aging  
739 Thimble Shoals Blvd # 1006  
Newport News, VA 23606  
757-873-0541  
[www.paainc.org](http://www.paainc.org)

Jewish Family Services  
6565 College Park Square  
Virginia Beach  
757- 938-9130  
[www.jfshamptonroads.org](http://www.jfshamptonroads.org)

Catholic Charities of Eastern Virginia  
5361-A Virginia Beach Blvd.  
Virginia Beach, VA 23462  
757-456-2366  
[www.cceva.org](http://www.cceva.org)

Virginia Department of Social Services  
[www.dss.virginia.gov](http://www.dss.virginia.gov)

## Web Resources

City of Virginia Beach – Mayors Commission  
on Aging Resource Guide  
<http://www.vbgov.com/government/departments/city-clerk/mayor/Documents/senior-resource-guide.pdf>

Children of Aging Parents (CAPS)  
[www.caps4caregivers.org](http://www.caps4caregivers.org)

Family Caregiver Alliance (FCA)  
[www.caregiver.org](http://www.caregiver.org)

National Alliance for Caregiving  
[www.familycaregiving101.org](http://www.familycaregiving101.org)

National Family Caregivers Association  
(NFCA)  
[www.nfcacares.org](http://www.nfcacares.org)

National Academy on an Aging Society  
(NAAS)  
Research arm of the Gerontological Society  
of America  
[www.agingsociety.org](http://www.agingsociety.org)  
[www.geron.org](http://www.geron.org)

National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

Caregiver Stress  
[www.caregiverstress.com](http://www.caregiverstress.com)

## Government Resources

Center for Medicare and Medicaid Services  
(CMS)

[www.cms.hhs.gov](http://www.cms.hhs.gov) and [www.medicare.gov](http://www.medicare.gov)

Elder Care Locator (Finding services in  
another area)

1-800-677-1116

Social Security Administration

[www.socialsecurity.gov](http://www.socialsecurity.gov)

U.S. Administration on Aging

[www.eldercare.gov](http://www.eldercare.gov)

Virginia Department for the Aging (VDA)

[www.vda.virginia.gov](http://www.vda.virginia.gov)

NIH Senior Health

Part of the National Institute on Aging (NIA)  
and National Library of Medicine (NLM)

[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)