# Local Resources

Alzheimer’s Association  
6350 Center Drive, #102  
Norfolk, VA 23502  
757-459-2405  
1-800-272-3900  
www.alz.org

Senior Services of Southeastern Virginia  
6350 Center Drive, #101  
Norfolk, VA 23502  
757-461-9481  
www.ssseva.org  
email – services@ssseva.org

Peninsula Agency on Aging  
739 Thimble Shoals Blvd # 1006  
Newport News, VA 23606  
757-873-0541  
www.paainc.org

Jewish Family Services  
6565 College Park Square  
Virginia Beach  
757-938-9130  
www.jfshamptonroads.org

Catholic Charities of Eastern Virginia  
5361-A Virginia Beach Blvd.  
Virginia Beach, VA 23462  
757-456-2366  
www.cceva.org

Virginia Department of Social Services  
www.dss.virginia.gov

# Web Resources

City of Virginia Beach – Mayors Commission on Aging Resource Guide  

Children of Aging Parents (CAPS)  
www.caps4caregivers.org

Family Caregiver Alliance (FCA)  
www.caregiver.org

National Alliance for Caregiving  
www.familycaregiving101.org

National Family Caregivers Association (NFCA)  
www.nfcacares.org

National Academy on an Aging Society (NAAS)  
Research arm of the Gerontological Society of America  
www.agingsoociety.org  
www.geron.org

National Council on Aging  
www.ncoa.org

Caregiver Stress  
www.caregiverstress.com
Government Resources

Center for Medicare and Medicaid Services (CMS)

Elder Care Locator (Finding services in another area)
1-800-677-1116

Social Security Administration
www.socialsecurity.gov

U.S. Administration on Aging
www.eldercare.gov

Virginia Department for the Aging (VDA)
www.vda.virginia.gov

NIH Senior Health
Part of the National Institute on Aging (NIA) and National Library of Medicine (NLM)
www.nihseniorhealth.gov