

SECU Family House Community Services Directory

Virginia

2-1-1	2-1-1 is a free, confidential nationwide referral and information helpline and website that connects people to essential health and human services.	www.211.org or dial 2-1-1
Benefits.gov	This free nationwide service helps you find out which government benefits you may be able to receive.	www.benefits.gov
BenefitsCheckUp	BenefitsCheckUp is a free nationwide service for adults over 55 that helps you find state, federal, and private benefits programs available where you live. These benefits programs can help pay for prescriptions, health care, food, utilities, and more.	www.benefitscheckup.org
CommonHelp	This free service is a central, easy way to learn about and apply for many of Virginia social service and assistance programs. You can find out what assistance you might be eligible for and submit one application.	www.commonhelp.virginia.gov or 1-855-635-4370
Eldercare Locator	This free nationwide service connects adults over 60 and their caregivers to services in their communities. Topics include caregiver resources, health insurance, in-home services, long term care, and others	http://www.eldercare.gov or 1-800-677-1116
Senior Navigator	Free services developed for Virginia's older adults and caregivers to help locate health and aging services and resources in their communities.	SeniorNavigator.org Or 1-866-393-0957

Virginia Department of Social Services	Provides links to local department of social services, which offer home-based services, case management, nutrition, energy assistance, medical assistance, temporary cash assistance, and others.	www.dss.virginia.gov or (804) 726-7000
Virginia Division for the Aging	Provides links to local Area Agencies on Aging, which provide services for older adults and their caregivers, including housekeeping and home repairs, meals, transportation, support, referrals, and others	www.vda.virginia.gov or 1-800-552-3402
Virginia Navigator	This free service provides helpful, free health and aging information to seniors, caregivers, and people with disabilities.	www.virginiannavigator.org or (804) 525-7728

The information in the SECU Family House Community Resource Directory is as accurate as possible. However, our communities are always growing and changing, and we welcome updates and additional information. For diseases-specific resources, please see visit www.familyhousews.org and look under Support Services. For questions and corrections, please contact Lindley Curtis, Support Services Coordinator at the SECU Family House, at 336-793-2822 or Lindley.Curtis@familyhousews.org.