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[VA Resources for Older Veterans](#)

Staying Independent and Connected with Your Community

With a little help, you can be independent as you age.

For many Veterans, growing older may mean having a harder time getting around, needing more support in your daily life and requiring more frequent trips to the doctor for care. These changes might affect what makes you happy, like being independent, exercising, traveling and spending time with family.

This is why it is important to take advantage of VA resources so you can age in place in your home. In recognition of Senior Independence Awareness Month each February, the VA highlights a variety of resources to help senior Veterans live independently and live well.

Resources for Older Veterans

VA offers a variety of resources and programs for older Veterans that can help you build a routine and support system to remain independent.

- [Veteran Decision Aid](#) provides a checklist to help you narrow down which VA resources and what kind of care is best for you, with help creating a personalized health plan by and for Veterans like you.
- [Veteran Directed Care](#) allows you and your caregiver(s) to create an individualized plan for assistance and personal care that fits your needs and lifestyle. Through this program, you can get help developing a spending and care plan to help you live independently in your own home or community.
- [Palliative Care](#) focuses on keeping symptoms in check so that you can carry out day-to-day activities. Palliative care aims to improve your overall quality of life, whether that's physical, mental or emotional well-being.
- [Adult Day Health Care](#) is a VA support program designed to help with personal care tasks while also providing opportunities for you to socialize with others and

engage in your community. These activities are flexible and can be adjusted to best fit your schedule and needs.

Community Resources

VHA also provides a wide range of community resources online, over the phone and in-person to help you find support and address specific needs:

- [Benefits Checkup](#) is a free service that helps you identify what programs and care you qualify for.
- [Eldercare Locator](#) and [Family Care Navigator](#) provides resources for older adults and their families as well as state-specific resources on legal issues, benefits, living arrangements and education for caregivers.
- The [National Aging and Disability Transportation Center](#) promotes transportation options for older adults and caregivers, allowing more flexibility and freedom for senior Veterans.

Speak with your primary care provider to find out if you are eligible for geriatric and extended care services. For more information on VA services for older Veterans, visit the [VA Geriatrics and Extended Care](#) website.

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