



# **Henrico County**

## **Resource Guide**

### **For Older Adults and**

### **People with Disabilities**



Compiled by the  
Henrico County Advocate for the Aging's Office  
Winter 2023

Navigating senior services can be confusing. You know that you need help, but it is hard to find the help you need. While resource guides are helpful, it can feel overwhelming if you don't know where to begin.

To better assist you with using this guide, we have developed the following list of questions to help you better understand what services or resources might best meet your needs.

<b>Topic</b>	<b>Service Category</b>	<b>Page Number (s)</b>
I want to socialize more and get out of the house.	Social Engagement	6, 18, 19, 20, 21, 27, 28, 40, 57, 71
I struggle with paying my bills and would like to know what help is available to me.	Financial Assistance	10, 21, 42, 63
I no longer drive and need transportation to doctor appointments, grocery stores and other locations.	Transportation	77
I need help with bathing, dressing or preparing meals.	Personal Care	12, 32, 33, 48
I need someone to stay with my loved one while I go on errands.	Respite	12, 21, 68
I need assistance with obtaining a Power of Attorney or Will.	Elder Lawyer	38, 59
I need repairs performed on my home.	Home Modifications	8, 49, 50
I need help coordinating multiple different services.	Care Coordination	12, 21, 24, 25, 26, 30, 32, 33, 56, 70, 74
I have issues with my landlord or lack of maintenance of my building.	Building Inspections	9
I need help with meals.	Nutrition Programs	21, 41
I am worried about the safety of my elderly family member, friend or neighbor.	Adult Protective Services	12, 14, 17, 29, 34, 39, 65
I need assistance with mowing my lawn.	Lawn Care	58
I want to know what housing options are available for me.	Senior Advisors	21, 51, 54, 55, 70

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## Important Phone Numbers

AARP	1-866-542-8164
Adult Protective Services	804-501-7346 888-832-3858
Better Business Bureau Elder Fraud	804-648-0016
Social Services Information and Referral	804-501-5294
Community Revitalization	804-501-4757
Dominion Virginia Power	866-366-4357
Elder Care Locator	800-677-1116
Emergency	911
Finance, Real Estate Advantage Program-REAP (Tax Relief)	804-501-4729
Fire Non-Emergency	804-501-4900
Health Department	West End Main: 804-501-4651 East End Clinic: 804-652-3190
Henrico County Main Number	804-501-4000
Library	804-501-1900
Meals on Wheels of Greater Richmond	804-673-5035, Hunger Hotline 804-521-2500
Mental Health and Developmental Services	804-727-8515
Mental Health and Developmental Services: Emergency Mental Health	804-727-8484
Police Non-Emergency	804-501-5000
Public Utilities	804-501-4275
Public Works	804-501-4393
Recreation and Parks	804-501-7275
Senior Connections, The Capital Area Agency on Aging	804-343-3000
Sheriff's Department	804-501-5860
Social Security Administration	800-772-1213; TTY 800-325-0778
Social Services	West End: 804-501-4001 East End: 804-652-3123

# Advocate for the Aging

P.O. Box 90775 | Henrico, VA 23273 | Phone: 804-501-5065 |

Email: [agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)

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The Advocate for the Aging's Office strives to fulfill needs of Henrico County's aging population by enhancing social engagement, wellness and independence. The Advocate for the Aging serves Henrico residents 60 and older, their family members and caregivers by:

- Providing information and referral services
- Assisting caregivers
- Communicating current and changing needs of the aging population to Henrico County government agencies
- Raising awareness about aging services offered by all county agencies and departments

The Advocate for the Aging's Office houses the EngAGE in Henrico County program, which is an initiative that focuses on Community, Outreach and Wellness.

## EngAGE partners with community organizations to offer an array of programs:

- **Active Aging Week:** Celebrates the positivity of aging and active lifestyles
- **Annual Senior and Caregiver Expo:** Free resource fair for older adults and family caregivers
- **Educational Seminars:** Programs include Aging in Place, Medicare 101, Downsizing, Diabetes Nutrition, Active Aging and more
- **Henrico Ambassador Program for Seniors (HAPS):** Serves as an opportunity for Henrico residents aged 60 and older to become ambassadors for their communities
- **Holiday Celebrations**
- **Senior Safety Event:** Highlights safety and emergency preparedness
- **Volunteer Opportunities:** Available through the Advocate's Office and other community organizations



# Henrico Area Mental Health and Developmental Services

10299 Woodman Road | Glen Allen, VA 23060  
Main Office 804-727-8500 | Access Services 804-727-8515  
Mental Health Emergency Services 804-727-8484  
TTY (804) 727-8496

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We serve people experiencing the effects of or are at risk for mental illness, intellectual disability, and substance abuse, as well as children with developmental delay. Henrico Area Mental Health and Developmental Services promotes dignity, recovery and self-sufficiency in the lives of the people we serve.

## **Mental Health Services**

Many mental health problems experienced by adults are in response to family crises, unusually high stress or traumatic events. Brief adult services provide a variety of therapeutic services for adults experiencing severe psychological and/or interpersonal difficulties. Services are provided in individual and group therapy format. Since interpersonal relationship problems are frequently present, spouses and other family members may also be involved in treatment.

## **Other Services**

Henrico Area Mental Health and Developmental Services provides a variety of services and resources such as Adult Mental Health Recovery Services, Adult Substance Abuse Services, Dialectical Behavioral Therapy, Outpatient Services, Women's Services, Opiate Services, and Detoxification and Residential Treatment. More information can be found by going to the Henrico Mental Health website at [www.henrico.us/mhds](http://www.henrico.us/mhds).

## **Fees**

Fees are based on the cost of delivering each service. A sliding scale, based on family income and number of dependents, allows the agency to make payment adjustments. Fees may be covered by Medicaid, Medicare or other third-party insurance. No one is denied service due to an inability to pay. Henrico Area Mental Health and Developmental Services does not discriminate based on sex, age, religion, race, handicap or national origin.

## **Information**

Call Intake (All locations): 804-727-8515  
Main Office: 804-727-8500  
Mental Health Emergency Services: 804-727-8484  
**Visit the website at:** [www.henrico.us/mhds](http://www.henrico.us/mhds)



# Henrico Department of Community Revitalization

4905 Dickens Road, Suite 200 | Henrico, VA  
23230 | 804-501-4757

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The Department of Community Revitalization was created in 2004 to coordinate the County's revitalization programs and services intended to promote healthy, vibrant and attractive residential, commercial and industrial communities.

## **Homeowner Rehabilitation and Repair Assistance**

Henrico County has two programs that assist current homeowners with improvements to their homes with both minor and emergency repairs and moderate rehabilitation. These programs are available to qualifying low- and moderate-income homeowners. The Emergency and Minor Housing Repair Program provides for the repair or replacement of exterior or interior items that pose an imminent threat to the health and/or safety of the residents. The cost of repairs can go up to \$10,000.

The Moderate Rehabilitation Housing Rehabilitation Program enhances the long-term livability of homes by undertaking substantial home improvements addressing health and safety issues, as well as complete system upgrades, energy efficiency and adaptability improvements. Improvements up to \$45,000 are available. All improvements bring the homes up to U.S. Department of Housing and Urban Development (HUD) Uniform Property Condition Standards. To be eligible for this program, homeowners must be elderly (62 or over) or disabled and must be of low or moderate income.

For both programs, all work is done by licensed contractors and overseen by professional rehabilitation specialists. Both programs are administered for the County by project:HOMES. To seek assistance or learn more about these programs, homeowners should contact project:HOMES directly at 804-233-2827.



# Henrico County Department of Building Construction and Inspections

4301 East Parham Road | Henrico, VA 23228 | 804-501-4360

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## Mission Statement

The mission of the Department of Building Construction and Inspections is to protect the health, safety and welfare of the public by assuring that all buildings and related equipment are constructed, installed and maintained in compliance with the Virginia Uniform Statewide Building Code.

## Values

- We provide services that are commensurate with our customer's expectations for professionalism and accountability.
- We are committed to establishing policies and procedures that:
  - Impose no unnecessary burden to the construction and use of buildings and structures.
  - Are consistent, accurate and practical, and minimize confusion and inconvenience.
- We encourage and welcome suggestions from our customers for improving the quality and efficiency of our services.
- We recognize our employees are a valuable resource to be treated with integrity, equality, fairness and respect.

For more information, call 804-501-4360 or visit the website at <https://henrico.us/bldg/>

# Henrico County Department of Finance

4301 East Parham Road | Henrico, VA 23228 | 804-501-4729

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## Real Estate Advantage Program (REAP)

Pursuant to the Henrico County Code, persons qualifying for exemption are deemed to be bearing an extraordinary real estate tax burden in relation to their income and financial worth. The Real Estate Advantage Program (REAP) is a tax exemption for qualified seniors, residents that are 100 percent permanently and totally disabled, and their spouses, which relieves real estate tax up to a maximum of \$3,000.

- Maximum total income is \$75,000
- Maximum total net worth allowed is \$500,000
- Maximum exemption awarded is \$3,200
- Filing deadline is April 1

The initial REAP application **and** certification forms must be completed and submitted to the Revenue Division for the qualifying year by April 1. Hardship cases will be considered through Dec. 31.

## Documentation Needed

Whether you are applying at your local government center in-person or mailing an application, supporting documentation for each entry of income and net worth must be included with all applications. Such documents include photocopies of:

- End of the year statements of income (previous year)
- End of the year checking and savings account statements (previous year)
- End of the year statements showing values of stocks owned (previous year)
- First time applicants need a copy of their birth certificate or driver's license as proof of age
- Proof of disability is required for those under 65 years of age. A certification from the Social Security Administration, such as an awards letter, will suffice or a letter from the Railroad Retirement Board, Department of Veteran Affairs, or two signed affidavits from Virginia licensed doctors to the effect that such person is permanently and totally disabled.
- Affidavits for disability may be obtained from the Revenue Division offices.

For more information, call 804-501-5580 or visit the website at [www.henrico.us/finance](http://www.henrico.us/finance)



# Henrico County Department of Public Works

4301 East Parham Road | Henrico, VA 23228 | 804-501-4393  
Temporary offices at 10431 Woodman Road, Glen Allen while  
E. Parham location is being renovated. Call before visiting.

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The Department of Public Works is responsible for developing, improving and maintaining an efficient and safe transportation and drainage network for Henrico County. We strive to provide each resident with an informative and factual response to any inquiry in a timely manner.

## Services Provided

### *File a Standing Water Complaint*

- County residents are encouraged to contact the Department of Public Works Standing Water Initiative if they are experiencing mosquito problems or if they have a standing water complaint. A complimentary mosquito inspection will be conducted on residential or commercial properties to help find the cause of mosquito annoyance. Standing water complaints will be investigated to determine if the area in question is a potential mosquito breeding site and who is responsible for the area.

### *Mosquito Inspection*

- We offer mosquito inspections on residential and commercial properties. To request a mosquito inspection, please fill out the form on the website and an inspector will contact you. An inspector will then call you to discuss findings and provide you with a checklist of potential or active breeding sites on your property.

### *Questions or concerns regarding pavement markings*

- Citizens can report the following:
  - Potholes
  - Spills, dumping or other illicit discharges (non-emergency)
  - Signs, sign posts or pavement markings needing maintenance
  - Installation of new signs or pavement markings

To file a report or request, all forms can be found at [www.henrico.us/works/services](http://www.henrico.us/works/services) or by phone at 804-501-4393.

# Henrico County Department of Social Services

West End: 8600 Dixon Powers Drive |  
Henrico, VA 23228 | 804-501-4001  
East End: (Benefit Programs only) |  
3820 Nine Mile Road | Henrico, VA 23223 |  
804-652-3123



The Adult Services Unit provides information, referrals and assistance to disabled adults and those 60 and older so they can live as independently as possible in the least restrictive setting possible and maintain the right to self-determination.

## Adult Protective Services

Receives and investigates reports when an adult is being abused, neglected, exploited or is at-risk. Provides a variety of health, housing, social and legal services to stop the mistreatment and prevent further abuse. May legally intervene in emergency situations to protect adults who lack the capacity to consent to services. These services are also available to residents living in nursing homes, assisted living facilities and adult group homes. Anyone who suspects abuse, neglect or exploitation can make an anonymous report by calling the 24-hour toll-free hotline at 1-888-83-ADULT (1-888-832-3858) or 804-501-7346 from 8 a.m. to 4 p.m.

## Adult Services

Links customers and their families to community resources and provides some direct services for those who are eligible.

They include:

- Home screenings for those seeking Medicaid benefits for personal care in the home, adult day care or nursing home placement. (Long Term Care Screening Request)
- Auxiliary grants provide supplemental payments for individuals seeking admission to or living in licensed adult homes.
- Companion Program assists home-bound residents with their daily living activities.
- Annual Guardianship Reports are read for an incapacitated person. Staff can assist with filing the report.

## Case Management

Trained social workers can help customers and their families make decisions in times of crisis for support services. They also provide service referrals to community programs providing home-based care, transportation, adult day care, money management, nutrition services, placement services and other activities that assist eligible residents. A support group for grandparents who are raising grandchildren is held monthly. For a list of services, call 804-501-7346.



# Henrico County Division of Fire

P.O. Box 90775 | Henrico, VA 23273-0775 | 804-501-4900

Henrico County Division of Fire is a community driven, professional public safety and service organization that takes PRIDE in stewardship and innovation, while maintaining the public trust.

## Our Values

Henrico County Division of Fire takes PRIDE in our unique calling to fulfill the needs of our customers in the community we share.

- **Professionalism**—We will provide service in an accountable, competent and innovative manner.
- **Respect**—We will hold in high regard the diversity within our organization and community.
- **Integrity**—We will uphold public and organizational trust by committing ourselves to the highest ethical and moral codes.
- **Dedication**—We will remain loyal to our commitment, our oath and our community.
- **Empathy**—We will support, understand and meet the needs of our organization and the community in a compassionate manner.

## Smoke Alarm Assistance

Sleeping in a home without working smoke alarms is *DANGEROUS!* The Division of Fire is eager to prevent this. We will ensure that your home has at least the minimum protection: one independent working alarm on each level of your home. Our program was created to assist those in our community who cannot afford smoke alarms and those who are having difficulty keeping alarms working

**Visit <https://henrico.us/services/smoke-alarm-assistance/> to fill out an online form.**

## Henrico County Community Emergency Response Team (HCCERT) Training

The purpose of HCCERT is to provide training to citizens to help cope immediately following a disaster when local public safety resources may be overwhelmed. HCCERT members learn basic first aid, search and rescue, and fire suppression techniques. But more importantly, HCCERT members learn how to PREPARE for a disaster long before one occurs. By being prepared and knowing how to respond to a situation, a HCCERT member, their family, friends and co-workers will be able to cope with the stresses of a disaster.

**For more information, please contact the Henrico County Division of Fire's Office of Emergency Management at 804-501-5162 or [emergencymanager@henrico.us](mailto:emergencymanager@henrico.us)**

# Henrico County Domestic Violence Services

Domestic Violence Coordinator Phone Number: 804-501-5732 |

Email: [domestic\\_violence@henricopolice.org](mailto:domestic_violence@henricopolice.org)

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***If you are being hurt and feel that you are in immediate danger, call 9-1-1!***

If you would like to speak to the Domestic Violence Coordinator, call 804-501-5732. If no one answers, leave a message and the Domestic Violence Coordinator will return your call. You may also email the Domestic Violence Coordinator at [domestic\\_violence@henricopolice.org](mailto:domestic_violence@henricopolice.org).

Domestic violence is a pattern of behaviors used by one person in a relationship to control the other. Behaviors may include emotional, financial or psychological abuse.

***Other examples of domestic violence include:***

- Name calling or putdowns
- Stalking
- Preventing a partner from contacting family or friends
- Withholding money
- Actual or threatened physical harm
- Actual or threatened sexual harm
- Preventing a partner from getting or keeping a job

***Certain forms of abuse may be criminal such as domestic assault, sexual assault or stalking.***

**Domestic assault** is a sudden, violent attack that may involve grabbing, pushing, kicking, hitting or threatening physical harm to a spouse, boyfriend or girlfriend, child, or other family or household member. **Sexual assault** is an unlawful physical attack upon another person, pertaining to or for sex, with or without battery, but may include sexually abusing a person against that person's will, with the use of force, threat or intimidation. **Stalking** is to pursue or proceed in a steady, deliberate or sinister manner, placing a person in fear of sexual assault, bodily injury or death with repeated actions that may include following someone, sending numerous emails or texts, calling repeatedly or sending unwanted gifts or letters.

***Anyone can be a victim.***

Victims can be of any age, race, culture, education, sex, religion, employment or relationship status. Children and pets in homes where abuse exists are more likely to be abused and/or neglected. Even if children are not physically harmed, they may have emotional and behavioral problems.

If you think you are being abused; if you think you may be abusive; if you know someone being abused or if you know someone who is abusive, please contact the agencies listed in this link [https://henrico.us/assets/Police\\_DV\\_Local\\_Resources-Update-2021.pdf](https://henrico.us/assets/Police_DV_Local_Resources-Update-2021.pdf)

# Henrico County Health Department

West Clinic: 8600 Dixon Powers Drive |  
Henrico, VA 23228 | 804-501-4522  
East Clinic: 1400 North Laburnum Avenue |  
Richmond, VA 23223 | 804-652-3190

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Henrico County Health Department exists and acts to protect the health of communities within Henrico County. These communities include residents, visitors, newly arrived immigrants, pregnant women, infants, school children and many more. Chances are you are a beneficiary of the health protective services of the Henrico County Health Department if you: eat in a restaurant or cafeteria, need an immunization, live in a house with a well or septic system, received nutritional supplements or counseling while pregnant, experience a foodborne or sexually transmitted illness or experience a death in your family.

**For more information, call**

West End Main Office: 804-501-4522

East End Clinic: 804-652-3190

Visit the website at [www.henrico.us/health](http://www.henrico.us/health)





# Henrico County Police Division

7721 East Parham Road | Henrico, VA | Emergency: 911 |  
Non-Emergency: 804-501-5000

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## One team. One community. Safer together.

The Henrico County Police Division is fully accredited by the Commission on Accreditation for Law Enforcement Agencies (CALEA).

### Our Values

- **Honor:** With integrity as our foundation, we earn the respect and trust of the public and each other.
- **Professionalism:** Professionalism is paramount; we achieve it through training and acting within the rule of law.
- **Commitment:** We are committed to preventing crime, preserving order and ensuring the safety of the public.
- **Compassion:** We treat everyone with dignity and compassion, regardless of circumstance.
- **Accountability:** We hold ourselves to the highest standards of conduct while upholding the ideals of our Constitution and democratic society.

### Triad and Seniors and Law Enforcement Together (SALT) Council

The Triad-SALT is a crime-fighting partnership between law enforcement and seniors. The organizations that form the Triad are the American Association of Retired People (AARP), the International Association of Chiefs of Police and the National Sheriffs Association. **Join today!**

**For more information on these programs call 804-501-5933 or email**

[seniorservices@henricopolice.org](mailto:seniorservices@henricopolice.org)

### Senior Citizens Police Academy

The Police Division conducts two Citizens Police Academies and two Senior Citizens Police Academies annually for **FREE**.

**For more information about the Senior Citizens Police Academy, call 804-501-5933 or email**

[seniorservices@henricopolice.org](mailto:seniorservices@henricopolice.org).

### Volunteers in Public Service (VIPs)

The Police Division welcomes citizens to volunteer for various positions throughout the Division. Our volunteer opportunities include chaplains, motorist assistance, office assistants, fingerprint assistants and more.

**For more information, please visit [www.henrico.us/rec/volunteer](http://www.henrico.us/rec/volunteer), or contact the Police Volunteer Coordinator at 804-501-5934. *\*\*Please note that some volunteer positions for the Police Division require extensive background checks.\*\****

# Henrico County Project Lifesaver

P.O. Box 90775 | Henrico, VA 23273-0775 |  
804-501-5860

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Project Lifesaver is a rapid response program that aids victims and families who suffer from Alzheimer’s disease, dementia or autism. The program uses state of the art technology and specially trained officers to locate individuals who have wandered away.

The patient wears a personalized bracelet that emits a tracking signal, allowing the officers to locate the patient quickly. The average rescue time is 22 minutes after the individual has been reported missing. Project Lifesaver has been a very successful program for the Sheriff’s Office because no deaths or serious injuries have been reported once the specially trained officers have located the individual.

There are approximately 150,000 individuals aged 65 and older in Virginia with Alzheimer’s disease, making Project Lifesaver an important and helpful program.

Project Lifesaver is funded through charitable donations from generous organizations and individuals.

**For more information on how to sign up or who qualifies, please call the Henrico County Sheriff’s Office at 804-501-5860 or email to [sheriffprojectlifesaver@henrico.us](mailto:sheriffprojectlifesaver@henrico.us).**



# Henrico County Public Schools

3820 Nine Mile Road | Henrico, VA 23223 | 804-652-3600

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## Adult Education

Henrico County offers lifelong learning courses in:

- Financial Literacy
- Computer Skills
- Language
- Health and Medical Fields
- Business/Personal Enrichment
- Arts and Design
- Creative Writing
- Adult Basic Education
- English for Speakers of Other Languages

**For more information, call Highland Springs Complex, 201 E. Nine Mile Road, at 804-328-4095 or Western Henrico Complex, 1420 N Parham Road, at 804-740-5800 or visit [www.henricoadulteducation.com](http://www.henricoadulteducation.com)**

## Henrico County Golden Age Program

Henrico County residents age 60 or older are eligible to participate in the Golden Age Program and receive the following benefits:

Free Admission to athletic events, drama and musical productions, and other activities at Henrico schools. A Golden Age Program membership card must be presented. Admission to athletic tournaments and playoffs is *not guaranteed*. Some dramas and musicals must pay royalty fees to copyright holders. When this happens, reduced admission prices will be charged. If you have questions regarding an event, please contact the hosting school directly.

Golden Age Membership Program Cards can be printed here:

[Golden-Age-Program-Info-Sheet-And-Card\\_2022.pdf \(henricoschools.us\)](#)

Free Tuition for certain classes offered through Henrico County Public Schools Adult Education Center. A limited number of spaces are reserved for Golden Age Program members on a first come, first serve basis. There is a two-class limit per person for Golden Age registration. Fees for registration, materials, supplies, textbooks and/or late fees must be paid. A government-issued photo ID (showing the name of the person registering and an Henrico County address) must be presented at the time of registration. For registrations mailed in, a *photocopy of the ID* must be enclosed with the registration form. A catalog of courses is available in January and August. **For questions about Golden Age classes and available slots, please call the office at 804-328-4095.**

# Henrico County Recreation & Parks

P.O. Box 90775 | Henrico, VA 23273-0775 |  
6800 Staples Mill Road, Henrico, VA 23228 |  
804-501-7275 | Inclement Weather Hotline 804-501-5132



We are pleased to offer a variety of programs and activities for all ages, including residents with special needs and seniors. Recreation and Parks also oversees the development, construction, and maintenance of parks, facilities, athletic complexes and historic sites throughout Henrico County.

## Open Gyms

Open gyms are available at the Deep Run (804-652-1430, [deeprun@henrico.us](mailto:deeprun@henrico.us)) and Eastern Henrico (804-652-1450, [easternhenrico@henrico.us](mailto:easternhenrico@henrico.us)) recreation centers and the schedule changes with the seasons. Popular for those over 50 are pickleball, volleyball and a multi-sport league.

## Senior Clubs and Leagues

Please call to confirm times and locations.

Belmont Recreation Center 1600 Hilliard Road	Bridge, board and card games, tennis club, pinochle, Golden Ages discussion group	804-652-1410
Deep Run Recreation Center 9900 Ridgefield Parkway	Bridge, canasta, pinochle, mahjong, Friendship Cafe	804-652-1430
Shrader Lanes 8037 Shrader Road	Bowling leagues	804-755-1342
Senior Golf	Different area courses	804-400-2175

For more information, call 804-501-7275 or visit <https://henrico.us/rec/senior-clubs-leagues>

Additional classes and programs can be found at [www.connect.henricorecandparks.com](http://www.connect.henricorecandparks.com), click on Programs>Seniors.



## Public Libraries

Administration: 1700 North Parham Road | Henrico, VA  
23229 | 804-501-1900

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### Offers:

- Large print books
- Books on tape
- Computer classes
- Senior programming
- Grandparent programs

### Mobile Library Services

The Mobile Library Service brings quality outreach to retirement communities and childcare centers and is a popular addition to many area events. Henrico County Public Library’s first Bookmobile went into operation in 1977. The current model was purchased in 2011 with maximum flexibility, efficiency and accessibility in mind.

The Mobile Library Service (MLS) van visits Henrico County senior facilities monthly, bringing 3-5 carts of large type, current fiction and non-fiction, magazines, DVDs and audio books, encouraging improved quality of life. If the mobile library isn’t coming to your facility, ask your Activities Director to request a visit at [www.henricolibrary.org/mobile-library-service/](http://www.henricolibrary.org/mobile-library-service/)

**For more information, call 804-501-1953 or email [MLSManager@henricolibrary.org](mailto:MLSManager@henricolibrary.org)**

**To inquire about Senior Program schedules, contact for additional information:**

### Library Branches

**\*\* Municipal Government and Law Library is located at Tuckahoe Area Library\*\***

<b>Fairfield Area</b> 1401 N. Laburnum Avenue Henrico, VA 23223 804-501-1930	<b>Gayton Branch</b> 10600 Gayton Road Henrico, VA 23238-4117 804-501-1960	<b>Glen Allen Branch</b> 10501 Staples Mill Road, Glen Allen, VA 23060-3242 804-501-1950
<b>Libbie Mill</b> 2100 Libbie Lake East Street Henrico, VA 23230 804-501-1940	<b>North Park Branch</b> 8508 Franconia Road Henrico, VA 23227-1213 804-501-1970	<b>Sandston Branch</b> 23 East Williamsburg Road Sandston, VA 23150-2011 804-501-1990
<b>Tuckahoe Area**</b> 1901 Starling Drive Henrico, VA 23229-4564 804-501-1910	<b>Twin Hickory Area</b> 5001 Twin Hickory Road Glen Allen, VA 23059-2509 804-501-1920	<b>Varina Branch</b> 1875 New Market Road Henrico, VA 23231-5826 804-501-1980

# Senior Connections

1300 Semmes Ave | Richmond, VA 23224 | 804-343-3000

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Senior Connections, The Capital Area Agency on Aging, offers programs and services tailored to meet the social, nutritional, educational and logistical needs for older adults, caregivers and people with disabilities. The agency is dedicated to building a community that supports older residents and allows them to age with independence, dignity, security and an enhanced quality of life. Some of the programs and services offered include:



- **Care Coordination**
- **Home Delivered Meals**
- **Benefits Enrollment**
- **Friendship Cafes**
- **Telephone Checking**
- **Public Guardian**
- **Transportation**
- **Volunteer Money Management**
- **Respite Support for Caregivers**
- **Insurance Counseling**
- **Long-Term Ombudsmen**
- **Employment for Older Adults**
- **Health and Wellness Classes**
- **Volunteer Programs**
- **Foster Grandparents**
- **Services, Information, Advocacy and Referrals**

*Senior Connections local service areas: City of Richmond and the counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan.*

**For more information, call 804-343-3000 or Toll-Free 800-989-2286.**

**Visit the website at: [www.seniorconnections-va.org](http://www.seniorconnections-va.org)**



## The Virginia Insurance Counseling and Assistance Program (VICAP)

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The Virginia Insurance Counseling and Assistance Program (VICAP) is a free, non-biased and confidential health insurance counseling service for Medicare beneficiaries and/or caregivers of people with Medicare. VICAP is part of a nationwide network of health insurance programs. Locally, VICAP is sponsored by Senior Connections, The Capital Area Agency on Aging.

Trained volunteer counselors provide counseling on Medicare and other health insurance benefits through interaction by phone or in-person. VICAP counselors do not make decisions for clients but instead help people review options and make informed and personalized choices on health insurance coverage.

VICAP counselors provide information on:

- Medicare (for seniors and the disabled under 65 with Medicare)
- Medicare Supplemental Insurance (Medigap)
- Medicare Advantage
- Medicare Prescription Drug Plan (Part D)
- Extra help for Part D costs
- Long Term Care Insurance
- Medicare Savings Programs for help with Medicare premiums, deductibles, and co-payments
- Understanding medical and insurance statements
- Filing claims and appeals
- Medicare and Medicaid Fraud and Abuse

**For more information, call Senior Connections' VICAP Intake Line at 804-343-3014 or send an e-mail to [vicap@youraaa.org](mailto:vicap@youraaa.org).**

# Long Term Care Ombudsman Program

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The mission of Senior Connections, The Capital Area Agency on Aging's Long-Term Care Ombudsman Program is to act as an advocate for older persons receiving long-term care, whether the care is provided in a nursing home or assisted living facility, or through community-based services to assist persons still living at home. Ombudsman services are free and confidential. If consumers of long-term care services are unable to resolve problems on their own, the Ombudsman will assist them to find a solution.

The objectives of the Ombudsman Program are:

- Receive, investigate and work to resolve complaints involving quality of care in a confidential manner
- Assist residents in exercising their rights
- Mediate concerns between residents (and/or their families) and the facility/provider
- Provide residents and their families with information about long term care resources in our community

Long-Term Care Ombudsmen assist residents of Long-Term Care facilities and their families by providing the following services:

- Promotes the civil and human rights of long-term care residents
- Assists residents to obtain needed services
- Empowers residents and families to advocate for themselves
- Consults with residents, families, and facilities to avoid problems, or solve them before they become crises
- Educates consumers and the community about long-term care issues, provides technical assistance to providers, and promotes increased community involvement in long-term care facilities
- Investigates and attempts to resolve concerns and complaints made by, or on behalf of, long-term care residents including suspicions of abuse and neglect
- Works with resident and family councils, community organizations, and state and federal enforcement agencies to improve residents' quality of life
- Seeks a regular presence in all long-term care facilities to identify problem areas and advocate for change
- Coordinates efforts with other agencies and service providers

For more information, call 804-343-3057 or 343-3000 or visit <https://seniorconnections-va.org/services/advocacy-support/long-term-care-ombudsman/>



# Additional Services and Phone Numbers

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## Emergency Housing

American Red Cross (Disaster)	804-780-2250, 800-733-2767 (24 hours)
United Way (Shelter Referrals)	804-771-5820, 804-972-0813

## Information and Assistance

Elder Care Locator	800-677-1116
Henrico County Department of Social Services (Information and Referral Line)	804-501-5294, 804-501-4001
Senior Connections, The Capital Area Agency on Aging	804-343-3000
Virginia Navigator/Senior Navigator	804-525-7728, <a href="http://www.seniornavigator.org">www.seniornavigator.org</a>
United Way Information and Referral Center	804-771-5853 or 2-1-1
Virginia Easy Access	2-1-1, 1-888-992-0959

## Employment Services

AARP Senior Community Service, Employment Program	1504 Santa Rosa Road, Suite 213, Richmond, VA 23229 <a href="http://www.aarpworksearch.org">www.aarpworksearch.org</a>	804-355-3600
Goodwill Community Employment Center	6301 Midlothian Turnpike, Richmond, VA 23225	804-521-4918
Virginia Career Works	121 Cedar Fork Road, Henrico, VA 23223	804-952-6116
Senior Connections, The Capital Area Agency on Aging	1300 Semmes Avenue, Richmond, VA 23224 <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>	804-343-3000
Virginia Employment Commission	121 Cedar Ford Road, Henrico VA 23223 <a href="http://www.vec.virginia.gov">www.vec.virginia.gov</a>	804-652-3233

## Volunteer Programs

AARP	<a href="http://www.aarp.org">www.aarp.org</a>	1-888-687-2277
American Red Cross	2825 Emerywood Parkway, Richmond, VA 23294	804-780-2250
HandsOn Greater Richmond	3409 W. Moore Street, Richmond, VA 23230 <a href="http://www.handsonva.org">www.handsonva.org</a>	804-409-5636
Henrico County Volunteer Coordinator	Email at <a href="mailto:volunteer@henrico.us">volunteer@henrico.us</a>	804-501-4933
Meals on Wheels of Greater Richmond	1415 Rhoadmiller St, Richmond, VA 23224, email <a href="mailto:info@feedmoore.org">info@feedmoore.org</a>	804-521-2500 <a href="http://feedmore.org/volunteer">feedmore.org/volunteer</a>
Retired Senior Volunteer Program (RSVP)	1300 Semmes Avenue, Richmond, VA 23224 <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>	804-343-3050
Senior Connections, The Capital Area Agency on Aging	1300 Semmes Avenue, Richmond, VA 23224 <a href="http://www.seniorconnections-va.org">www.seniorconnections-va.org</a>	804-343-3000
The Shepherd's Center of Richmond (TSCOR)	3111 Northside Avenue, Suite 400 Richmond, VA 23228	804-355-7282
Henrico Humane Society		<a href="http://www.henricohumane.org">www.henricohumane.org</a> , 804-262-6634
ProMedica Hospice		804-288-0235
HCA Healthcare		804-289-4626
Virginia Museum of Fine Arts	200 N. Arthur Ashe Boulevard, Richmond, VA 23220	804-340-1461
Henrico Community Food Bank		<a href="http://Henricocommunityfoodbank.org">Henricocommunityfoodbank.org</a> , <a href="mailto:info@henricocommunityfoodbank.org">info@henricocommunityfoodbank.org</a> , 804-549-6609
USO		<a href="http://www.volunteers.uso.org">www.volunteers.uso.org</a> , 804-236-7234

To find more volunteer opportunities, contact local hospitals, hospices, assisted living facilities, area schools or support groups.

## State Agencies

Disability Law Center of Virginia <a href="http://www.dlcv.org/contact/">www.dlcv.org/contact/</a>	804-225-2042, 800-552-3962
Office of the Attorney General a. Virginia TRIAD Resources b. Medicaid Fraud Control	804-786-2071 a. 804-786-2071 b. 804-371-0779, 800-371-0824
Virginia Department for the Aging and Rehabilitative Services	804-662-7000, 800-552-5019
Virginia Department for the Blind and Vision Impaired	804-371-3140, 800-622-2155
Virginia Department for the Deaf and Hard of Hearing	800-552-7917, 804-662-9502
Virginia Department of Behavioral Health and Developmental Services	804-786-3921 Catawba Hospital 800-451-5544
Virginia Department of Health	804-864-7001, Henrico 804-501-4651
Virginia Department of Medical Assistance Services	804-786-7933
Virginia Department of Professional and Occupational Regulations	804-367-8500
Virginia Department of Social Services	804-726-7000, SNAP hotline 800-552-3402
Virginia Fair Housing Office	804-367-8530, 888-551-3247
Virginia Modivcare/Medicaid Transportation	866-386-8331
Virginia Office of Consumer Affairs	804-786-2042
Virginia State Corporation Commission	804-371-9967, 800-552-7945

## Federal Agencies

Administration on Aging	Eldercare Sources Locator 800-677-1116
Center for Medicare and Medicaid Services	800-633-4227
Department of Veterans Affairs	Local office 804-675-6546, 800-698-2411, Benefits hotline 800-827-1000
Social Security Administration	800-772-1213

# Adult Day Services

*Centers providing programs that include day support and care services, activities, and meals*

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## **Circle Center Adult Day Services**

804-355-5717

4900 West Marshall Street, Richmond, VA 23230

## **Faith Works Adult Day Support Center**

804-355-5717

10069 Brook Road, Glen Allen, VA 22059

## **Hanover Adult Center, Inc**

804-746-0743

7231 Stonewall Parkway, Mechanicsville, VA 23111

[www.hanoveradultcenter.com](http://www.hanoveradultcenter.com)

## **InnovAge Virginia PACE**

804-977-5900

750 E. 6<sup>th</sup> Street, Richmond, VA 23224

## **Kingdom Caregivers, Greater Refuge Church**

804-321-1016

2210 Carter Street, Richmond, VA 23222

## **Seasoned Adult Day Care, St. John's Catholic Church**

804-651-9254

813 W. Nine Mile Road, Highland Springs, VA 23075

# Adult Education

*Various programs to provide continuing education for adults*

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## **AARP Driver Safety Program**

800-350-7025, online course at [aarpdriversafety.org](http://aarpdriversafety.org)

## **Henrico County Adult Education Center**

*East End*

804-328-4095

Highland Springs Complex- 201 East Nine Mile Road, Highland Springs, VA 23075

*West End*

804-740-5800

Regency Mall, 1420 N. Parham Road, Henrico, VA 23229

[adulthoodeducation.henricoschools.us](http://adulthoodeducation.henricoschools.us)

## **Henrico County Public Library Computer Classes**

<https://henricolibrary.org/computer-classes>

## **J. Sargent Reynolds Community College**

804-523-5572

1651 East Parham Road, Richmond, VA 23228

[www.reynolds.edu/student\\_services/pave/default.html](http://www.reynolds.edu/student_services/pave/default.html)

## **Osher Institute at University of Richmond**

804-287-6608

RTC Trailer 3, 202 Richmond Way, University of Richmond, VA 23173

Email [osher@richmond.edu](mailto:osher@richmond.edu)

## **Road Scholar**

800-454-5768

[www.roadscholar.org](http://www.roadscholar.org)

## **The READ Center** *(For adults with low-level reading and communication skills)*

804-288-9930

5211 W. Broad Street, Suite 102, Richmond, VA 23230

[www.readcenter.org](http://www.readcenter.org)

# Adult Protective Services for Henrico

*Receives and investigates reports when an adult is being abused, neglected, exploited or is at-risk; anyone who suspects abuse, neglect or exploitation can make an anonymous report.*

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## **Adult Protective Services**

804-501-7346

### *West End*

804-501-4001

8600 Dixon Powers Drive, Henrico, VA 23228

### *East End (Benefit Programs only)*

804-652-3123

3820 Nine Mile Road, Henrico, VA 23223

### *Mail for both offices*

P.O. Box 90775, Henrico, VA 23273

email [dssweb@henrico.us](mailto:dssweb@henrico.us)

[www.henrico.us/dss/aps](http://www.henrico.us/dss/aps)

# Advocacy and Support

*Agencies that assist with grievances and concerns*

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## **Central Virginia Task Force on Domestic Violence in Later Life**

804-828-1525, Virginia Commonwealth University  
University College of Health Professionals  
900 E. Leigh St, 7<sup>th</sup> Floor, Richmond, VA 23298

## **Disability Law Center of Virginia**

804-552-3962  
1512 Willow Lawn, Suite 100, Richmond, VA 23230  
[www.dlcv.org](http://www.dlcv.org)

## **Legal Aid Justice Center**

804-643-1086  
625 East Broad Street Suite 200, Richmond, VA 23219  
[www.justice4all.org](http://www.justice4all.org)

## **Legal Information Network for Cancer (CancerLINC)**

804-562-0371  
200 South 3<sup>rd</sup> Street, Richmond, VA 23219  
[www.cancerlinc.org](http://www.cancerlinc.org)

## **Medicaid Fraud Control Unit**

804-371-0779, 800-371-0824, email [MFCU\\_mail@oag.state.va.us](mailto:MFCU_mail@oag.state.va.us)  
[www.oag.state.va.us/programs-initiatives/medicaid-fraud](http://www.oag.state.va.us/programs-initiatives/medicaid-fraud)

## **Virginia Board for People with Disabilities**

804-786-0016  
1100 Bank Street, 7th Floor, Richmond, VA 23219  
TTY: 800-846-4464  
[Vbpd.virginia.gov](http://Vbpd.virginia.gov)

## **Virginia Poverty Law Center**

804-782-9430  
919 East Main Street, Suite 610, Richmond, VA 23219  
[www.vplc.org](http://www.vplc.org)

## **YWCA Women's Victim Advocacy Program**

804-643-6761  
6 North 5th Street, Richmond, VA 23219  
[www.ywcarichmond.org](http://www.ywcarichmond.org)

# The Capital Area Agency on Aging

*Provides home- and community-based services for older adults, persons with disabilities, caregivers and their families*

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## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## **Assistive Technology**

*Equipment, systems, or programs that improve or maintain functions of persons with disabilities*

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### **Assistive Technology Loan Fund Authority**

Phone/TTY: 804-662-9000

1602 Rolling Hills Drive, Suite 107, Richmond, VA 23229

[www.atlfa.org](http://www.atlfa.org)

### **Powell Orthotics and Prosthetics**

804-649-9043

2034 Dabney Road, Suite C, Richmond, VA 23230

[www.powelloandp.com](http://www.powelloandp.com)

### **Sportable**

804-340-2991

1365 Overbrook Road Suite 2, Richmond, VA 23220

[www.sportable.org](http://www.sportable.org)

### **Virginia Assistive Technology System**

804-662-9990, 804-662-7000

2001 Maywill Street, Suite 202, Richmond, VA 23230

TTY: 800-464-9950

[Vats.virginia.gov](http://Vats.virginia.gov)

### **Virginia Voice**

804-266-2477

In June 2023, Virginia Voice moved to 7870 Villa Park Drive, Suite 900, Richmond, VA 23228 while the 395 Azalea Avenue building is under renovation

[www.virginiavoice.org](http://www.virginiavoice.org)



# Care Management Services

*Services providing care and care coordination, referrals and support to maintain independence*

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## **BrightStar Care**

804-378-8686, 1-866-618-7827

7202 Glen Forest Drive, Suite 302, Richmond, VA 23226

[www.brightstarcare.com](http://www.brightstarcare.com)

## **Care Advantage**

804-285-1212, 1-866-576-7479

3201 Hungary Spring Road, Richmond, VA 23228

[www.careadvantageinc.com](http://www.careadvantageinc.com)

## **Eldercare Locator**

800-677-1116

[Eldercare.acl.gov](http://Eldercare.acl.gov)

## **Home Care Assistance**

804-741-0009

1324 Gaskins Road, Richmond, VA 23238

[Homecareassistancerichmond.com](http://Homecareassistancerichmond.com)

## **Jewish Family Services**

804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

[www.jfsrichmond.org](http://www.jfsrichmond.org)

## **SeniorBridge Family Companies, Inc**

804-282-0753, 1-866-652-8987

6802 Paragon Place, Suite 201, Richmond, VA 23230

<https://www.aplaceformom.com/community/senior-bridge-richmond-va-1446534>

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

# Companion Care Services

*Services that help with household tasks and completing activities of daily living*

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## **Always Best Care Senior Services**

804-368-3200

2012 John Rolfe Parkway, Richmond, VA 23238

<https://alwaysbestcare.com/glen-allen>

## **Commonwealth Catholic Charities**

804-285-5900

1601 Rolling Hills Drive, Richmond, VA 23229

[www.cccofva.org](http://www.cccofva.org)

## **Family Lifeline**

804-282-4255

2325 West Broad Street, Richmond, VA 23220

[www.familylifeline.org](http://www.familylifeline.org)

## **Hand ‘n Heart Home Care Services**

804-819-1755

4100 Brook Road, Suite D, Richmond, VA 23227

[www.handnheart.org](http://www.handnheart.org)

## **Home Helpers**

804-409-9451

2565 Homeview Drive, Richmond, VA 23294

[www.homehelpershomecare.com/richmond/about-us](http://www.homehelpershomecare.com/richmond/about-us)

## **Jewish Family Services**

804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

[www.jfsrichmond.org](http://www.jfsrichmond.org)

## **Nurse Next Door**

804-716-7195

2214 Westwood Avenue, Henrico, VA 23230

[www.nursenextdoor.com/locations/richmond-va](http://www.nursenextdoor.com/locations/richmond-va)

## **Seniors Helping Seniors**

804-921-4280

7400 Beaufont Springs Drive, Suite 300, Richmond, VA 23225

<https://seniorcaregreaterrichmond.com/>

# Crime Prevention/Consumer Protection Services

*Services to reduce crime and protect consumers*

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## **Agriculture and Consumer Services**

804-786-3501

102 Governor Street, Richmond, VA 23219

ADA Coordinator 804-371-7719

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

## **Agriculture and Natural Resources (Henrico)**

804-501-5160

8600 Dixon Powers Drive, Human Services Building, Henrico, VA 23228

[www.henrico.us/extension/anr](http://www.henrico.us/extension/anr)

## **Henrico County Police**

804-501-5000 (*non-emergency*)

7721 East Parham Road, Richmond, VA 23294

[www.henrico.us/police](http://www.henrico.us/police)

*TRIAD/SALT Council*

804-501-4838

## **Office of the Attorney General (Consumer Protection Services)**

804-786-2042

<https://www.oag.state.va.us/consumer-protection/>

Hotline: 804-786-2042

## **Virginia Department of Agriculture and Consumer Services**

804-786-3501

102 Governor Street, Richmond, VA 23219

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

## **Virginia State Corporation Commission (Financial Institutions, Insurance, Public Utilities and Securities)**

Addresses: <https://www.scc.virginia.gov/pages/Addresses>

804-371-9957, 800-552-7945

P.O. Box 640, Richmond, VA 23218-0640

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

# Dental Services

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## **CrossOver Healthcare Ministry**

804-655-2794

108 Cowardin Avenue, Richmond, VA 23224

8600 Quioccasin Road, Suite 105, Richmond, VA 23229

[www.crossoverministry.org](http://www.crossoverministry.org)

## **Daily Planet** (*West Grace Health Center*)

804-783-2505

517 West Grace Street, Richmond, VA 23220

180 E. Belt Boulevard, Richmond, VA 23224

[www.dailyplanetva.org](http://www.dailyplanetva.org)

## **Donated Dental Services**

Virginia Dental Association

804-264-9010

3460 Mayland Court, Suite 110, Richmond, VA 23233

<https://www.vdaf.org/our-programs/donated-dental-services.html>

## **Glenwood Medical and Dental Center**

804-780-0840

2809 North Avenue, Richmond, VA 23222

Other locations around City of Richmond [cahealthnet.org](http://cahealthnet.org)

## **VCU Dental Clinic**

804-828-9190

520 North 12th Street, Richmond, VA 23298

[www.vcudentalcare.com](http://www.vcudentalcare.com)

# Disability Services

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**AccessVA (Veterans)**

800-983-0937, <https://eauth.va.gov/accessva/about/contact>

**Brain Injury Association of Virginia**

804-355-5748

2810 North Parham Road Richmond, VA 23294

[www.biav.net](http://www.biav.net)

**FeedMore (Meals on Wheels)**

804-521-2500

1415 Rhoadmiller Street, Richmond, VA 23220

[www.feedmore.org](http://www.feedmore.org)

**FREE Foundation (Foundation for Rehabilitation Equipment and Endowment)**

804-920-9828

6301 Midlothian Turnpike, Richmond, VA 23225

[www.free-foundation.org](http://www.free-foundation.org)

**National Alliance on Mental Health**

804-285-8264, ext. 202

P.O. Box 8260, Richmond, VA 23226-0260

<https://namivirginia.org/contact/>

**United Way of Greater Richmond**

804-771-5820

7814 Carousel Ln, Suite 400, Richmond, VA 23294

[www.yourunitedway.org](http://www.yourunitedway.org)

**Virginia Department for Aging and Rehabilitation Services (Virginia Disability Services Agencies)**

804-662-7000, 800-552-5019

8004 Franklin Farms Drive, Henrico, VA 23229-5019

[dars.virginia.gov](http://dars.virginia.gov)

**Virginia Department for the Blind and Vision Impaired**

804-371-3151

401 Azalea Avenue, Richmond, VA 23227

<https://www.dbvi.virginia.gov/apps/RequestServices/>

**Virginia Department for the Deaf and Hard of Hearing**

Phone/TTY: 804-662-9502

1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229

[www.vddhh.org](http://www.vddhh.org)

# Durable Medical Equipment

*Services providing medical equipment that assists those with disabilities*

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## **All-Med Express**

804-864-0011

9820 Midlothian Turnpike, N. Chesterfield, VA 23235

[www.allmedexpress.com](http://www.allmedexpress.com)

## **Astrix Medical Supplies**

804-897-4335

## **Capital Medical Supply**

804-353-0707

2233 Tomlynn Street, Richmond, VA 23230

## **Home Care Delivered**

800-565-5644

11013 West Broad Street, 4<sup>th</sup> Floor, Glen Allen, VA 23060

[www.hcd.com](http://www.hcd.com)

## **Lincare, Inc**

804-355-2323

2801 Ackley Avenue, Richmond, VA 23228

[www.lincare.com](http://www.lincare.com)

## **MobilityWorks.com**

804-220-0611

7450 Midlothian Turnpike, Richmond, VA 23225

## **Virginia Assistive Technology System**

804-662-7000

2001 Maywill Street, Suite 202, Richmond, VA 23230

TTY: 800-464-9950

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

# Elder Law Attorneys

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## Henrico County lawyers specializing in elder law

<https://www.justia.com/lawyers/elder-law/virginia/henrico-county>

### Jeremy L. Pryor, Esq.

804-285-7900

7575 Glen Forest Drive, Richmond, VA 23226

### Parker & McMakin Law Group

804-285-3807

8100 Three Chopt Road, Suite 116, Richmond, VA 23229

[www.parkermcmakin.com](http://www.parkermcmakin.com)

### The Nance Law Firm

804-649-7545

3900 Westerre Parkway, Suite 300, Richmond, VA 23233

[Nancelawfirm.net](http://Nancelawfirm.net)

### Thompson McMullan, Attorneys at Law

804-649-7545

100 Shockoe Slip, Third Floor, Richmond, VA 23219

[www.t-mlaw.com](http://www.t-mlaw.com)

### Virginia Poverty Law Center

*Emily Hardy, Esq.*

804-588-2089

919 East Main Street, Suite 610, Richmond, VA 23219

[emily@vplc.org](mailto:emily@vplc.org)

[www.vplc.org](http://www.vplc.org)

### Virginia Legal Aid Elder Law Issues

Statewide Senior Legal Helpline (844) 802-5910

<https://www.valegalaid.org/issues/elder-law>

<http://selfhelp.vacourts.gov/node/33/statewide-senior-legal-helpline>

# Emergency Intervention

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## **Alzheimer's Association**

800-272-3900

## **Commonwealth Catholic Charities**

804-285-5900, email [agency@cccofva.org](mailto:agency@cccofva.org)

1601 Rolling Hills Drive, Richmond, VA 23229

[www.cccofva.org](http://www.cccofva.org)

## **Mental and/or Substance Use Disorders Hotline**

800-662-4357

## **National Domestic Abuse Hotline**

800-799-7233

TTY: 800-787-3224

## **National Suicide Prevention Lifeline**

988

For Deaf/Hard of Hearing: Call 711, then 988

## **Poison Control Center**

800-222-1222

## **Richmond Behavioral Health Authority**

804-819-4000

107 S. 5th Street, Richmond, VA 23219

[www.rbha.org](http://www.rbha.org)

## **Safe Harbor**

804-249-9470

*24-Hour Helpline*

804-500-2755

## **YWCA Women's Victim Advocacy Program**

804-643-6761

6 N. 5th Street, Richmond, VA 23219

[www.ywcarichmond.org](http://www.ywcarichmond.org)

## **2-1-1 Virginia**

2-1-1

[www.211virginia.org](http://www.211virginia.org)



# Exercise and Recreation

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## **Henrico Recreation and Parks**

804-501-7275

6800 Staples Mill Road, Henrico, VA 23228

[www.henrico.us/rec](http://www.henrico.us/rec)

## **The Shepherd's Center of Richmond**

804-355-7282

3111 Northside Avenue, Suite 400, Richmond, VA 23228

[www.tscor.org](http://www.tscor.org)

## **Weinstein Jewish Community Center**

804-545-8611, 804-285-6500

5403 Monument Avenue, Richmond, VA 23226

<https://weinsteinjcc.org/explore-our-programs/active-adults/>

## **YMCA**

*Chickahominy Family YMCA*

804-737-9622

5401 Whiteside Road, Sandston, VA 23150

*John Rolfe Family YMCA*

804-360-8767

2244 John Rolfe Parkway, 2<sup>nd</sup> Floor Henrico, VA 23233

*Shady Grove Family YMCA*

804-270-3866

11255 Nuckols Road, Glen Allen, VA 23059

*Tuckahoe Family YMCA*

804-740-9622

9211 Patterson Avenue, Henrico, VA 23229

[www.ymcarichmond.org](http://www.ymcarichmond.org)

# Food Assistance

*Agencies that provide meals or food to those in need. Please call ahead first for more information regarding pantries as hours and locations vary.*

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**Commonwealth Catholic Charities (Food Pantry)**

804-285-5986

1601 Rolling Hills Drive, Richmond, VA 23229

<https://www.ccofva.org/dibert-food-pantry>

**Dignity Food Pantry, Discovery United Methodist Church**

804-360-4442

13000 Gayton Road, Henrico, VA 23233

[https://discoveryunited.org/?page\\_id=6372](https://discoveryunited.org/?page_id=6372)

**Eastern Henrico FISH, Carlisle Baptist Church**

804-257-7730

**FeedMore (Meals on Wheels)**

804-521-2500

1415 Rhoadmiller Street, Richmond, VA 23220

[www.feedmore.org](http://www.feedmore.org)

**Lamb's Basket**

804-565-8007

8419 Oakview Avenue, Henrico, VA 23228

[www.lambsbasket.org](http://www.lambsbasket.org)

**Our Lady of Lourdes Catholic Church**

804-262-7315, ext. 228

8200 Woodman Road, Henrico, VA 23228

[www.ollrichva.org](http://www.ollrichva.org)

**Salvation Army**

804-225-7470

2 W. Grace Street, Richmond, VA 23220

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

**Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

# Friendly Visitors

*Services specifically for seniors who need visits or counseling or just someone to listen*

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## **Family Lifeline**

804-282-4255

2325 West Broad Street, Richmond, VA 23220

[www.familylifeline.org/livingwell](http://www.familylifeline.org/livingwell)

## **Jewish Family Services**

804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

<https://jfsrichmond.org/counseling/senior-counseling/>

# Fuel Assistance

*Depends upon availability of resources*

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## **Henrico Social Services (eligibility screening required) 804-501-5866**

*West End*

804-501-4001

8600 Dixon Powers Drive, Henrico, VA 23228

*East End (Benefit Programs only)*

804-652-3123

3820 Nine Mile Road, Henrico, VA 23223

*Mail for both offices*

P.O. Box 90775, Henrico, VA 23273

<https://henrico.us/dss/how-to-apply-for-benefits/>

## **Virginia Department of Social Services Energy Assistance**

1-855-635-4370

<https://www.dss.virginia.gov/benefit/ea/>

## **Dominion Energy**

<https://www.dominionenergy.com/virginia/billing/energy-assistance#bill-payment-assistance>

# Funeral Resources

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## **Affinity Funeral Service**

804-477-3136

2720 Enterprise Parkway, Richmond, VA 23294

[www.affinityfuneralservice.com](http://www.affinityfuneralservice.com)

## **Bliley's Funeral Home**

804-523-8510

8510 Staples Mill Road, Henrico, VA 23228

[www.blileys.com](http://www.blileys.com)

## **Bon Secours Bereavement Resources and Hospice Care**

804-627-5360

8580 Magellan Parkway, Richmond, VA 23227

<https://hospicerichmond.com/our-services/grief-support/>

## **Cremation Society of Virginia**

804-494-5848, 1-888-967-9194

7542 West Broad Street, Richmond, VA 23294

[www.virginiacremate.com](http://www.virginiacremate.com)

## **Nelsen Funeral Home**

804-222-8601

4650 South Laburnum Avenue, Richmond, VA 23231

[www.dignitymemorial.com](http://www.dignitymemorial.com)

## **Virginia Board of Funeral Directors and Embalmers**

804-367-4479

9960 Mayland Drive, Richmond, VA 23233

[www.dhp.virginia.gov/funeral](http://www.dhp.virginia.gov/funeral)

## **Wilson and Associates' Funeral Service, Inc**

804-222-1720

5008 Nine Mile Road, Richmond, VA 23223

[www.wilsonafs.com](http://www.wilsonafs.com)

# Grandparent Programs

*Support for grandparents taking care of grandchildren*

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## **Henrico County Social Services**

804-504-4001

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

Foster Grandparents Program 804-343-3047

## **Child Care Subsidy Program, *financial assistance to pay for child care***

<https://www.childcare.virginia.gov/>

# Guardianship

*Agencies that assume legal responsibilities for older adults when they do not have a Power of Attorney or available decision maker*

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## **Commonwealth Catholic Charities**

804-285-5900

1601 Rolling Hills Drive, Richmond, VA 23229

<https://www.cccofva.org/guardianship>

## **Henrico Social Services**

*West End*

804-501-4001

8600 Dixon Powers Drive, Henrico, VA 23228

[www.henrico.us/dss](http://www.henrico.us/dss)

## **Jewish Family Services**

804-282-5644, ext. 254, 6718 Patterson Avenue, Richmond, VA 23226

<https://jfsrichmond.org/care/care-management/>

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

<https://seniorconnections-va.org/services/advocacy-support/public-guardian/>

# Health Care Clinics

*Clinics offering health care services for free, low cost or for the uninsured*  
<https://www.vafreeclinics.org>

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## **Bon Secours Care-A-Van**

804-545-1920

## **Center for Healthy Hearts**

804-359-9375

1200 West Cary Street, Richmond, VA 23220

[www.rahbpc.org](http://www.rahbpc.org)

## **CrossOver Healthcare Ministry**

804-655-2794

108 Cowardin Avenue, Richmond, VA 23224

804-655-2794

8600 Quioccasin Road, Suite 105, Richmond, VA 23229

804-655-2794

[www.crossoverministry.org](http://www.crossoverministry.org)

## **Health Brigade**

804-358-6343

1010 North Thompson Street, Richmond, VA 23230

[www.healthbrigade.org](http://www.healthbrigade.org)

## **Henrico Health Department**

*West End Clinic*

804-501-4651

8600 Dixon Powers Drive, Henrico, VA 23228

*East End Clinic*

804-652-3190

1400 N. Laburnum Avenue, Richmond, VA 23223

[www.henrico.us/health/locations](http://www.henrico.us/health/locations)

## **Northside Medical Center**

804-780-0840

2809 North Avenue, Richmond, VA 23222

[www.cahealthnet.org/location/northside-medical-center](http://www.cahealthnet.org/location/northside-medical-center)

## **Quit Now Virginia**

800-784-8669

[www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/](http://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/)

# Health Organizations

*Organizations that offer information, support and services relating to a specific disease*

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## **Alzheimer's Association, Greater Richmond Chapter**

804-967-2580, Help Line 800-272-3900  
4600 Cox Road, Suite 130, Glen Allen, VA 23060  
[www.alz.org/grva](http://www.alz.org/grva)

## **American Cancer Society**

(Hotline) 800-227-2345, 804-613-3375  
4405 Cox Road Suite 110, Glen Allen, VA 23060  
[www.cancer.org](http://www.cancer.org)

## **American Heart Association**

804-747-8334  
4217 Park Place Court, Glen Allen, VA 23060  
[www.heart.org](http://www.heart.org)

## **American Liver Foundation**

800-465-4837

## **Arthritis Foundation**

800-283-7800  
[www.arthritis.org/virginia](http://www.arthritis.org/virginia)

## **Huntington's Disease Society of America**

800-345-4372  
[www.hdsa.org](http://www.hdsa.org)

## **National Kidney Foundation**

804-288-8342  
[www.kidney.org](http://www.kidney.org)

## **National Multiple Sclerosis Society**

804-353-5008, 800-344-4867  
4200 Innslake Drive, Suite 301, Glen Allen, VA 23060  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

## **VCU Massey Cancer Center**

804-828-7999, 877-462-7739  
401 College Street, Richmond, VA 23298-0037  
[www.massey.vcu.edu](http://www.massey.vcu.edu)

# Hearing Services

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## **Beltone Hearing Care Foundation**

866-521-7164

*Beltone Virginia*

804-212-2646

10327 West Broad Street, Glen Allen, VA 23060

## **Challenge Discovery Projects Deaf and Hard of Hearing Community Counseling Services**

2405 Jefferson Avenue Richmond, VA 23223

Phone: 804-643-0002

TTY: 804-282-1944

[www.challengediscoveryprojects.org](http://www.challengediscoveryprojects.org)

## **HearingLife of Richmond**

804-593-2347

7110 Patterson Avenue, Richmond, VA 23229

[www.hearinglife.com](http://www.hearinglife.com)

## **Live Better Hearing**

804-359-5851

[www.livebetterhearing.com](http://www.livebetterhearing.com)

## **The Hearing Center at Virginia Eye Institute**

804-287-2026

6946 Forest Ave., Suite 100, Richmond, VA 23230

<https://veihearingcenter.com/>

## **Virginia Department for the Deaf and Hard of Hearing**

Phone/TTY: 804-662-9502

1602 Rolling Hills Drive, Richmond, VA 23229

[www.vddhh.org](http://www.vddhh.org)



# Home-Based Care Services

*Agencies providing health care in the home for adults to maintain independence and have assistance with daily living activities*

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## **Advanced Care**

804-897-9056, hospice 804-339-5027

7501 Boulders View Drive, Suite 601, Richmond, VA 23225

<https://advancecarehealth.org/>

## **Assisting Hands Home Care**

1606 Santa Rosa Road, Suite 125, Richmond, VA 23229

804-500-9787, [www.assistinghands.com/richmond](http://www.assistinghands.com/richmond)

## **Blake Home Health**

804-545-1974, [www.blakehomehealth.com](http://www.blakehomehealth.com)

9210 Arboretum Parkway, Suite 150, Richmond, VA 23236

## **Care Advantage Inc.**

804-285-1212, 866-576-7897

3201 Hungary Spring Road, Richmond, VA 23228

[www.careadvantageinc.com](http://www.careadvantageinc.com)

## **Enhabit Home Health**

804-562-4252, hospice 804-726-2855, [www.ehhi.com](http://www.ehhi.com)

1606 Santa Rosa Road, Suite 134, Richmond, VA 23229

## **Family Lifeline**

804-282-4255

2325 W. Broad Street, Richmond, VA 23220

[www.familylifeline.org](http://www.familylifeline.org)

## **Home Instead**

804-527-1100

4900 Cox Road, Suite 245, Glen Allen, VA 23060

[Homeinstead.com](http://Homeinstead.com)

## **Senior Helpers**

804-277-2254

257 Wadsworth Drive, Richmond, VA 23236

<https://www.seniorhelpers.com/va/richmond-west/locations/henrico/>

## **Visiting Angels**

804-353-0000

4914 Radford Avenue, #211, Richmond, VA 23230

# Home Management

*Decluttering and hoarding management services*

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## **Bio-One of Richmond** *(decontamination and biohazard cleaning)*

804-300-3892

10286 Staples Mill Road #116, Glen Allen, VA 23060

<https://www.bioonerichmond.com/>

## **Caring Transitions of Greater Richmond**

804-256-2048

[www.caringtransitions.com/](http://www.caringtransitions.com/)

## **JJays Junk Removal**

804-986-4033

## **Junk King**

2350 Lanier Road, Rockville, VA 23146

888-888-5865

804-591-0673

## **PuroClean**

2425 W. Deerpath Drive, Powhatan, VA 23139

804-239-1558

## **Royal Cleaning Services**

591 Southlake Blvd., Suite B, N. Chesterfield, VA 23236

804-301-1017

<https://royalcleaningservicesva.com/hoarding-cleaning/>

## **Wayforth**

2107 Loumour Avenue, Richmond, VA 23230

804-261-4124

# Home Modification

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## **Amramp**

855-854-4502, 888-715-7598

[www.amramp.com](http://www.amramp.com)

## **Henrico County Home Owner Rehabilitation and Repair Assistance**

(804) 501-4757

4905 Dickens Road, Suite 200, Henrico, VA 23230

<https://henrico.us/services/homeowner-rehabilitation-and-repair-assistance/>

## **Home Keepers**

804-750-1166

8501 Patterson Avenue, Richmond, VA 23229

[www.hkrva.com](http://www.hkrva.com)

## **project: HOMES**

804-233-2827

88 Carnation Street, Richmond, VA 23225

[www.projecthomes.org/](http://www.projecthomes.org/)

## **Ramps By Students**

(804) 282-3605

1114 Westbriar Drive, Suite D, Richmond, VA 23238

[rampsbystudents.org/](http://rampsbystudents.org/)

## **Virginia State Emergency Home and Accessibility Repair Program**

(804) 371-7000

# Homeless Resources

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## **Better Housing Coalition**

804-644-0546

23 West Broad Street, Suite 100, Richmond, VA 23241

[www.betterhousingcoalition.org](http://www.betterhousingcoalition.org)

## **Caritas**

804-358-0964

2220 Stockton Street, Richmond, VA 23224

[Caritasva.org](http://Caritasva.org)

## **Commonwealth Catholic Charities**

804-285-5900, 804-648-4177

1601 Rolling Hills Drive, Richmond, VA 23229

Housing Resource Center: 809 Oliver Hill Way, Richmond, VA 23219

<https://www.cccofva.org/homeless-services>

## **Homeless Crisis Line**

(804) 972-0813

## **Homeward VA**

804-343-2045, ext. 14

9211 Forest Hill Avenue, Suite 110, Richmond, VA 23235

[www.homewardva.org](http://www.homewardva.org)

## **Housing Families First (*Hilliard House Shelter*)**

804-236-5800, press 0 for homeless hotline

3900 Nine Mile Road, Richmond, VA 23223

[www.housingfamiliesfirst.org](http://www.housingfamiliesfirst.org)

## **St. Joseph's Villa Flagler Richmond Office**

804-716-8178

<https://www.neverstopbelieving.org/services/housing-homeless-services/>

## **Virginia Supportive Housing**

804-788-6825

8002 Discovery Drive, Suite 201, Richmond, VA 23229

[www.virginiassupportivehousing.org](http://www.virginiassupportivehousing.org)

# Hospice and Palliative Care Resources

*Agencies providing care for those with life limiting illnesses and support for their families*

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## **Ascend Hospice**

804-673-1330, 866-821-1212

10571 Telegraph Road Suite 203, Glen Allen, VA 23059

[www.ascendhealth.com](http://www.ascendhealth.com)

## **Bon Secours Hospice and Palliative Care**

804-627-5360

<https://www.bonsecours.com/health-care-services/hospice-palliative-care>

8580 Magellan Parkway, Richmond, VA 23227

<https://www.bonsecours.com/health-care-services/hospice-palliative-care>

Community Hospice House, 1133 Old Bon Air Road, Richmond, VA 23235, 804-309-3660

5855 Bremono Road, MOB North, Suite 403, Richmond, VA 23226, 804-288-2673

## **Enhabit Home Health**

804-562-4252

1606 Santa Rosa Road, Suite 134, Richmond, VA 23229

[www.ehhi.com](http://www.ehhi.com)

## **Gentiva Hospice**

804-290-4300

808 Moorefield Park Drive, Suite 113, Richmond, VA 23236

## **Hospice of Virginia, Richmond**

804-281-0451

2235 Staples Mill Road, Suite 100, Richmond, VA 23230

[www.hospiceofvirginia.com](http://www.hospiceofvirginia.com)

## **Elizabeth Adam Crump Health and Rehab**

804-672-8725

3600 Mountain Road, Glen Allen, VA 23060, [www.eacrumprehab.com](http://www.eacrumprehab.com)

## **Legacy Hospice**

804-528-5883

1801 Bayberry Court, Suite 201, Richmond, VA 23226

<https://legacy-hospice.com/>

## **Traditions Health Hospice**

804-290-0951

10128 West Broad Street, Suite A, Glen Allen, VA 23060

[www.traditionshealth.com](http://www.traditionshealth.com)

# Hospitals

*Call 9-1-1 to have a volunteer rescue squad or EMS nearest you dispatched  
if you have an emergency*

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## **Dispatch Health Urgent Care** *(In-Home by appointment)*

[Dispatchhealth.com](https://www.dispatchhealth.com)

(804) 495-0053

## **Henrico Doctor's Hospital**

[www.henricodoctors.com](https://www.henricodoctors.com)

804-289-4500

1602 Skipwith Road, Richmond, VA 23229

## **Memorial Regional Medical Center**

804-764-6000

8260 Atlee Road, Mechanicsville, VA 23116

## **St. Mary's Hospital**

[www.bonsecours.com](https://www.bonsecours.com)

804-285-2011

Patient Advocacy: 804-287-7443

5801 Bremono Road, Richmond, VA 23226

## **Parham Doctor's Hospital**

<https://www.hcavirginia.com/locations/parham-doctors-hospital>

804-747-5600

7700 East Parham Road, Richmond, VA 23294

## **VCU Medical Center Main Hospital**

804-828-9000

1250 E. Marshall Street, Richmond, VA 23219

# Housing Assistance

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**AccessVA – U.S. Department of Veteran Affairs**

Help Desk - 800-983-0937

TTY: 711

<https://eauth.va.gov/accessva/>

**Better Housing Coalition**

804-644-0546

23 W. Broad Street, Suite 100, Richmond, VA 23220

[www.betterhousingcoalition.org](http://www.betterhousingcoalition.org)

**Home Again**

804-358-7747

5 E. Franklin St., Richmond, VA 23219

[www.homeagainrichmond.org](http://www.homeagainrichmond.org)

**Housing Families First**

804-236-5800

3900 Nine Mile Road, Henrico, VA 23223

[www.housingfamiliesfirst.org](http://www.housingfamiliesfirst.org)

**Housing Opportunities Made Equal (HOME)**

804-354-0641

626 East Broad Street, Suite 400, Richmond, VA 23219

[www.homeofva.org](http://www.homeofva.org)

**Partnership for Housing Affordability**

Resource line 804-422-5061

**Southside Community Development and Housing Corporation**

804-231-4449

1624 Hull Street, Richmond, VA 23224

[www.scdhc.com](http://www.scdhc.com)

**Virginia Housing Development Authority**

804-782-1986, 877-843-2123

601 S. Belvidere Street, Richmond, VA 23220

[www.vhda.com](http://www.vhda.com)

## Housing Options

**AL**- Assisted Living (Residents need some assistance with activities of daily living)

**IL**- Independent Living (Residents can perform all activities of daily living independently)

**MC**- Memory Care (Residents have memory impairments and need assistance)

**R**- Respite (Residents need care for a temporary amount of time)

**SNF**- Skilled Nursing Facility (Residents need short term rehabilitation or long-term skilled care with nurses and therapists)

**+** - Accepts Medicaid

Facility	Phone Number	Website	Address	Types of Care
Beth Sholom Gardens, Rehabilitation Center	804-754-0900 804-750-2183	<a href="https://bethsholomliving.org/">https://bethsholomliving.org/</a>	2001 and 2027 Lauderdale Drive, Richmond, VA 23238	<b>AL, IL, MC, R, SNF, +</b>
Vitality Living West End Richmond	804-741-8880	<a href="http://www.vitalityseniorliving.com">www.vitalityseniorliving.com</a>	1800 Gaskins Road, Richmond, VA 23238	<b>AL, MC</b>
Chestnut Grove Assisted Living	804-262-7333	<a href="http://www.chestnutgroveliving.com">www.chestnutgroveliving.com</a>	9010 Woodman Road, Richmond, VA 23228	<b>AL</b>
Glenburnie Rehab and Nursing Center	804-281-3500	<a href="http://www.glenburniehc.com">www.glenburniehc.com</a>	1901 Libbie Avenue, Richmond, VA 23226	<b>R, SNF, +</b>
Heritage Oaks	804-323-3800	<a href="https://www.heritageoaksseniorliving.com/">https://www.heritageoaksseniorliving.com/</a>	1100 German School Road, Richmond, VA 23225	<b>IL</b>
Canterbury Rehabilitation and Healthcare Center	804-740-6174	<a href="https://canterburyrehab.com/">https://canterburyrehab.com/</a>	1776 Cambridge Drive, Richmond, VA 23238	<b>R, SNF</b>
Masonic Home of Virginia	804-222-1694	<a href="http://www.mahova.org">www.mahova.org</a>	500 Masonic Lane, Richmond, VA 23223	<b>AL, IL</b>



# Information and Referral Services

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**Advocate for the Aging** (*Henrico County*)

804-501-5065

[www.henrico.us/services/seniors](http://www.henrico.us/services/seniors)

[agingadvocate@henrico.us](mailto:agingadvocate@henrico.us)

**Benchmark Senior Solutions**

804-980-0846, 804-366-5150

[www.benchmarkseniorsolutions.com](http://www.benchmarkseniorsolutions.com)

**Eldercare Locator** – Find help in your community

800-677-1116

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

**Physician Referral for Bon Secours**

<https://www.bonsecours.com/find-a-doctor>

804-342-1500

**Senior Connections, The Capital Area Agency on Aging**

804-343-3000

300 Semmes Ave. Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

**Senior Navigator**

804-525-7728

[www.seniornavigator.org](http://www.seniornavigator.org)

**United Way**

804-771-5820

[www.yourunitedway.org](http://www.yourunitedway.org)

**Virginia Department for Aging and Rehabilitation Services**

**Office for Aging Services**

804-662-9333, 800-552-3402

1610 Forest Avenue, Suite 100, Henrico, VA 23229

[www.vadars.org](http://www.vadars.org)

# Job and Volunteer Opportunities

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**AARP Senior Community Service Employment Program**

804-355-3600, 1504 Santa Rosa Road, Richmond, VA 23229

**American Red Cross**

804-418-0251

**CARITAS**

804-358-0964, 2220 Stockton Street, Richmond, VA 23224

<https://caritas.volunteerlocal.com/volunteer/>

**Feedmore – Meals on Wheels, Community Kitchen**

804-521-2500

[Feedmore.org/volunteer](https://Feedmore.org/volunteer)

**Friends of Henrico Public Library**

[Henricolibrary.org/friends](https://Henricolibrary.org/friends)

**Goodwill of Central Virginia**

804-745-6300, 6301 Midlothian Turnpike, Richmond, VA 23225

<https://www.goodwill.org/volunteer/>

**Henrico CASA (Court Appointed Special Advocates)**

804-501-1670, 3001 Hungary Spring Road, Suite A, Richmond, VA 23228

<https://henricocasa.org/volunteers/>

**Henrico County**

804-501-4933

[henrico.us/services/volunteer](https://henrico.us/services/volunteer)

**Henrico Humane Society**

804-262-6634

[www.henricohumane.org](https://www.henricohumane.org)

**HCA Healthcare**

804-804-289-4626

**Lamb’s Basket**

804-565-8007, 8419 Oakview Avenue, Henrico, VA 23228

<https://www.lambsbasket.org/volunteering.php>

**ProMedica Hospice**

804-288-0235

**Shepherd’s Center of Richmond**

804-355-7282

**Virginia Employment Commission**

804-652-3233, 121 Cedar Fork Road, Henrico, VA 23223

# Lawn and Tree Management

*Services to aid with lawn and tree care*

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## **Bartlett Tree Experts**

(804) 261-4890

8509 Oakview Ave, Richmond, VA 23228

<https://www.bartlett.com/locations/richmond-va.cfm>

## **Commonwealth Tree Care**

(804) 396-1896

10014 Three Chopt Rd, Richmond, VA 23233

<https://commonwealthtreecare.com/>

## **Greener Creations**

(804) 795-5564

2841 Darbytown Rd, Richmond, VA 23231

<https://www.greenercreations.com/greener-creations-richmond-va.php>

## **Lawn Doctor**

(804) 203-9349

## **Lawn Love**

(804) 409-3892

<https://lawnlove.com/virginia/richmond-lawn-care/henrico-lawn-care>

## **Ridgeline Tree Service**

(804) 378-2900

<https://www.ridgelinetree.com/>

## **Virginia Green**

(804) 285-6200

7421 Ranco Rd, Richmond, VA 23228

<https://viriniagreen.com/>

# Legal Assistance

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**AARP**

888-687-2277

**American Civil Liberties Union of Virginia**

804-644-8022

**Central Virginia Legal Aid Society**

804-648-1012

101 W. Broad Street, Suite 101, Richmond, VA 23220

[Cvlas.org](http://Cvlas.org)

**Equal Employment Opportunity Commission**

800-669-4000

400 N. 8th Street, Suite 350, Richmond, VA 23219

TTY: 800-669-6820

<https://www.eeoc.gov/field-office/richmond/location>

**Legal Information Network for Cancer (CancerLINC)**

804-562-0371

200 S. 3<sup>rd</sup> Street, Richmond, VA 23219

[www.cancerlinc.org](http://www.cancerlinc.org)

**National Association for the Advancement of Colored People (NAACP)**

*Virginia* 804-321-5678

**Virginia Lawyer Referral Service**

804-775-0808

1111 E. Main Street, Suite 700, Richmond, VA 23219

<https://vlrs.community.lawyer/>

**Virginia Poverty Law Center**

804-782-9430

919 E. Main Street, #610, Richmond, VA 23219

<https://vplc.org/>

# Medicare and Medicaid

*Programs that aid with insurance*

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## **Anthem Compare Medicare Advantage Plans**

[www.anthem.com/medicare/learn-about-medicare/medicare-advantage-compare-plans](http://www.anthem.com/medicare/learn-about-medicare/medicare-advantage-compare-plans)

## **Centers for Medicare and Medicaid Services**

800-633-4227, [www.cms.gov](http://www.cms.gov)

## **Henrico Social Services**

*West End*

804-501-4001

8600 Dixon Powers Drive, Henrico, VA 23228

*East End (Benefit Programs only)*

804-652-3123

3820 Nine Mile Road, Henrico, VA 23223

[www.henrico.us/dss](http://www.henrico.us/dss)

## **JenCare Senior Medical Center**

804-228-1143, 3806 Mechanicsville Turnpike, Richmond, VA 23223

[www.jencaremed.com](http://www.jencaremed.com)

## **Medicare**

<https://www.medicare.gov/>

## **Social Security Offices**

1834 West Cary Street, Richmond, VA 23220

800-772-1213

245 E. Williamsburg Road, Sandston, VA 23150

800-772-1213

TTY: 800-325-0778

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

## **Virginia Insurance Counseling and Assistance Program (VICAP)**

804-662-9333

1610 Forest Avenue, Suite 100, Henrico, VA 23229

<https://www.vda.virginia.gov/vicap.htm>

# Memory Support

*For housing, please see Housing Options*

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## **Alzheimer's Association, Greater Richmond Chapter**

804-967-2580, 800-272-3900

4600 Cox Road, Suite 130, Glen Allen, VA 23060

[www.alz.org/grva](http://www.alz.org/grva)

## **Arden Courts ProMedica Memory Care Community**

804-378-5100

13800 Bon Secours Drive, Midlothian, VA 23114

## **Chestnut Grove**

804-262-7333

9010 Woodman Road, Richmond, VA 23228

## **Seniors Helping Seniors**

804-921-4280

7400 Beaufont Springs Drive, Suite 300, Richmond, VA 23225

<https://seniorcaregreaterrichmond.com/>

# Mental Health Services

*Agencies providing services to those experiencing mental health problems*

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## **Alcoholics Anonymous, Richmond Intergroup, Inc**

804-355-1212

5310 Markel Road Suite 108, Richmond, VA 23230

<https://www.aarichmond.org/index.php>

## **Archstone Counseling and Treatment**

804-288-1788

1007 Peachtree Blvd, Richmond, VA 23226

## **Greenbrook TMS NeuroHealth Center (Depression)**

866-561-5155

100 Eastshore Drive, Suite 110, Glen Allen, VA 23059

[www.tmsneuro.com](http://www.tmsneuro.com)

## **Henrico County Mental Health and Development**

804-727-8515

10299 Woodman Road, Glen Allen, VA 23060

## **Henrico therapists who work with hoarding obsessive-compulsive disorder**

<https://www.psychologytoday.com/us/therapists/va/henrico-county?category=hoarding>

## **Lakeside Center**

804-727-8150

5623 Lakeside Avenue, Henrico, VA 23228

## **Thriveworks Counseling**

804-373-7594

12093-95 Gayton Road, Henrico, VA 23238

# Money Management Services

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## **Commonwealth Catholic Charities**

804-285-5986

1601 Rolling Hills Drive, Richmond, VA 23229

[www.cccofva.org](http://www.cccofva.org)

## **Guidelight Money Management, LLC**

804-241-7506

4860 Cox Road, Suite 200, Glen Allen, VA 23060

[www.guidelightmoneymgmt.com](http://www.guidelightmoneymgmt.com)

## **Highstone Group Comprehensive Financial Services**

804-285-7010

4205 Dover Road, Richmond, VA 23221

## **Jewish Family Services**

804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

[www.jfsrichmond.org](http://www.jfsrichmond.org)

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## **Southside Community Development and Housing Corporation**

804-231-4449

1624 Hull Street, Richmond, VA 23224

[www.scdhc.com](http://www.scdhc.com)

## **Virginia Estate and Retirement Planning Advisors, Inc.**

804-205-5081

4870 Sadler Road, Suite 300, Glen Allen, VA 23060

[myverpa.com](http://myverpa.com)



# Moving Services

*See also Certified Senior Advisors*

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## **Cut the Clutter RVA**

804-456-4433

<https://www.cuttheclutterva.com/contact/>

## **Dunmar Moving Systems**

804-409-0790

## **Home Matters of VA**

804-385-2433

[www.homemattersofva.com](http://www.homemattersofva.com)

## **Wayforth Central Virginia**

804-261-412

2107 Loumour Avenue, Richmond, VA 23230

[wayforth.com](http://wayforth.com)

# Orthotics and Prosthetics

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## **American Orthotic and Prosthetic Center**

804-353-9077

[www.americanopc.com](http://www.americanopc.com)

## **Powell Orthotics and Prosthetics**

804-649-9043

2034 Dabney Road, Suite C, Richmond, VA 23230

[www.powelloandp.com](http://www.powelloandp.com)

# Personal Emergency Response System

*Systems that maintain independence for people who are at risk for injuries and accidents within the home and can signal for assistance*

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## **ADT** – Home security systems

8571 Park Central Drive, Richmond 23227 – 804-477-1847  
2500 E. Parham Road, Suite 5, Richmond 23228 – 804-201-9954  
[www.adt.com/local/va/richmond](http://www.adt.com/local/va/richmond)

## **Comfort Keepers** – in home care

804-750-1123  
10833 Ridgefield Parkway, Richmond, VA 23238  
[www.comfortkeepers.com](http://www.comfortkeepers.com)

## **Instructive Visiting Nurses Association (IVNA) Health Watch**

804-355-7100  
2603 Nine Mile Road, Suite 120, Richmond, VA 23223

## **Life Alert**

800-813-3104  
[www.lifealert.com](http://www.lifealert.com)

## **Lifeline** (*Automatic Fall Detection*)

855-681-5351  
<https://www.lifeline.com/>

## **LifeStation** (*Automatic Fall Detection*)

855-490-2719  
<https://www.lifestation.com>

## **Project Lifesaver for Henrico** – location services

804-501-5860  
[www.henrico.us/sheriff/project-lifesaver](http://www.henrico.us/sheriff/project-lifesaver)

## **Structured Cable of VA** – security systems

804-934-0000  
3973 Deep Run Road, Henrico, VA 23233  
[www.structuredcableofva.com](http://www.structuredcableofva.com)

## Pharmacies Providing Home Services

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**Bremo Pharmacy** (*women's health over 50, health screenings, independent living, medical equipment and support clothing, weight loss, prescriptions, vaccines, and delivery*)

804-288-8361

2024 Staples Mill Road Richmond, VA 23230

**Harness Health Pharmacy at Reynolds Crossing**

804-893-8630

6900 Forest Avenue, Suite 100, Richmond, VA 23230

**Westbury Pharmacy** (*compounding, medical equipment, vaccinations, delivery*)

804-285-3428

8903 Three Chopt Road, Henrico, VA 23229

[www.mygnp.com](http://www.mygnp.com)

## Physician House Calls

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**Dispatch Health**

804-709-0080, 804-495-0053

[Dispatchhealth.com/locations/va/richmond](http://Dispatchhealth.com/locations/va/richmond)

**Harmony Cares Medical Group**

804-687-4793

7229 Forest Avenue, Building B, Suite 111, Richmond, VA 23226

[www.harmonycaremedicalgroup.com](http://www.harmonycaremedicalgroup.com)

**VCU Center for Advanced Health Management**

804-254-3500

2116 W. Laburnum Avenue, Richmond, VA 23227

## Physician Referral Services

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### **Bon Secours Find a Doctor**

804-342-1500

[Bonsecours.com/find-a-doctor](https://bonsecours.com/find-a-doctor)

### **HCA Physician Referral**

804-422-9337 (cancer and palliative care)

[www.hcavirginia.com/physicians](https://www.hcavirginia.com/physicians)

### **Henrico Doctors' Hospital**

804-289-4500

1602 Skipwith Road, Richmond, VA 23229

[www.henicodoctors.com](https://www.henicodoctors.com)

### **MCV Physicians**

804-828-9000

[vcuhealth.org/find-a-provider](https://vcuhealth.org/find-a-provider)

### **Virginia Physicians**

Innsbrook Primary Care – 804-346-1780

Reynolds Primary Care – 804-346-1515

Parhams Doctors Rheumatology – 804-346-1551

[Vaphysicians.com](https://vaphysicians.com)

## Physicians with Geriatric Focus

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### **Centerwell Senior Primary Care**

804-451-6724

Offices on Brook Road, S. Laburnum Avenue

### **Internal Medicine Associates of Virginia**

804-282-2580

5855 Bremo Road, #207, Richmond, VA 23226

### **Richmond Geriatric Medicine**

804-266-7422

2621 Grove Avenue, Richmond, VA 23220

### **VCU Division of Geriatric Medicine**

804-628-9942

# Prescription Aid

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## **Capital Area Health Network**

804-780-0840

2740 Bensley Commons Boulevard, Richmond, VA 23237

[www.cahealthnet.org](http://www.cahealthnet.org)

## **Medicare**

800-633-4227

[Medicare.gov/drug-coverage-part-d](http://Medicare.gov/drug-coverage-part-d)

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## **VICAP Assistance**

800-552-3402

1610 Forest Avenue, Suite 100, Henrico, VA 23229

[www.needymeds.org](http://www.needymeds.org)

## **Virginia Health Care Foundation**

804-828-5804

707 E. Main Street, Richmond, VA 23219

[www.vhcf.org](http://www.vhcf.org)

# Respite Referral Services

*Services that can assist in providing temporary relief for caregivers*

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## **Alzheimer's Association of Greater Richmond**

804-967-2580, *Helpline:* 800-272-3900

4600 Cox Road, Suite 130, Glen Allen, VA 23060.

[www.alz.org/grva](http://www.alz.org/grva)

## **Family Lifeline**

804-282-4255

2325 West Broad Street, Richmond, VA 23220

[www.familylifeline.org](http://www.familylifeline.org)

## **Virginia Department for Aging and Rehabilitation Services**

804-662-7000, TTY: 800-464-9950

8004 Franklin Farms Drive, Henrico, VA 23229

[dars.virginia.gov](http://dars.virginia.gov)

# Retirement and Financial Advisors

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## **Anliker Financial Management**

804-237-6044

5320 Twin Hickory Road, Glen Allen, VA 23059

[www.anlikerfinancial.com](http://www.anlikerfinancial.com)

## **Edelman Financial Engines**

833-752-6333

200 Westgate Parkway, Suite 202, Henrico, VA 23233

[www.edelmanfinancialengines.com](http://www.edelmanfinancialengines.com)

## **Edward Jones and Co.**

[www.edwardjones.com](http://www.edwardjones.com)

## **Genworth Financial**

888-436-9678

[www.genworth.com](http://www.genworth.com)

## **Legacy Partners LLC**

804-539-7345

9137 Chamberlayne Road, Suite 204, Mechanicsville, VA 23116

[www.legacypartnersus.com](http://www.legacypartnersus.com)

## **Old Dominion Investment and Retirement Advisors**

804-741-4972

1897 Billingsgate Circle, Henrico, VA 23238

[www.olddominionira.com](http://www.olddominionira.com)

## **Virginia Estate and Retirement Planning Advisors, Inc**

804-205-5081

4870 Sadler Road, Glen Allen, VA 23060

[www.myverpa.com](http://www.myverpa.com)

# Senior Advisors

*Agencies that provide information and assistance with choosing a senior living facility*

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## **Always Best Care**

804-368-3200, 804-324-3989

2012 John Rolfe Parkway, Richmond, VA 23238

[www.alwaysbestcare.com/glen-allen](http://www.alwaysbestcare.com/glen-allen)

## **Amada Senior Care**

804-793-8255

6800 Paragon Place, Richmond, VA 23230

[www.amadaseniorcare.com/richmond-senior-care](http://www.amadaseniorcare.com/richmond-senior-care)

## **Assisted Living Locators of Greater Richmond**

800-267-7816, 804-643-2600

[www.assistedlivinglocators.com/care-advisor/rva](http://www.assistedlivinglocators.com/care-advisor/rva)

## **AssistedLiving.Org**

833-543-0813, [assistedliving.org/virginia/Richmond](http://assistedliving.org/virginia/Richmond)

## **Benchmark Senior Solutions**

804-980-0846

[www.benchmarkseniorsolutions.com](http://www.benchmarkseniorsolutions.com)

## **Choice Connections of Virginia**

804-364-0123

[www.choiceconnectionsva.com](http://www.choiceconnectionsva.com)

## **OASIS Senior Advisors**

804-635-2655

[oasisenioradvisors.com/Richmond](http://oasisenioradvisors.com/Richmond)

## **Senior Assisted Solutions**

973-650-2720

P.O. Box 2833, Glen Allen, VA 23058

[www.seniorassistedolutionsva.com](http://www.seniorassistedolutionsva.com)

## **Senior Care Authority**

804-265-4058

<https://www.seniorcareauthority.com>

# Senior Centers

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## **Friendship Café**

804-343-3000

Deep Run Recreation Center, 9900 Ridgefield Parkway, Henrico

Highland Springs Recreation Center, 16 S. Ivy Avenue, Highland Springs

Oakwood Memorial Baptist Church, 3100 Gay Avenue

West Richmond Church of the Brethren, 7612 Wanyamala Road

## **Henrico Senior Clubs and Leagues**

804-501-7275

[www.henrico.us/rec/senior-clubs-leagues](http://www.henrico.us/rec/senior-clubs-leagues)

## **Jewish Community Center**

804-285-6500

5403 Monument Avenue, Richmond, VA 23226

[weinsteinjcc.org/programs/seniors](http://weinsteinjcc.org/programs/seniors)

## **The Shepherd's Center of Richmond**

804-355-7282

3111 Northside Avenue, Suite 400, Richmond, VA 23228

[www.tscor.org](http://www.tscor.org)

## **YMCA**

*Chickahominy Family YMCA*

804-737-9622

5401 Whiteside Road, Sandston, VA 23150

*John Rolfe Family YMCA*

804-360-8767

2244 John Rolfe Parkway, Henrico, VA 23233

*Shady Grove Family YMCA*

804-270-3866

11255 Nuckols Road, Glen Allen, VA 23059

*Tuckahoe Family YMCA*

804-740-9622

9211 Patterson Avenue, Henrico, VA 23229

[www.ymcarichmond.org](http://www.ymcarichmond.org)



# Social Security

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## Social Security Offices

800-772-1213

1834 West Cary Street, Richmond, VA 23220  
866-679-6684

245 East Williamsburg Road, Sandston, VA 23150  
866-218-2307  
TTY: 800-325-0778

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

# Substance Abuse Recovery

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## **Alcoholics Anonymous in Greater Richmond**

804-355-1212

[www.aarichmond.org](http://www.aarichmond.org)

## **American Addiction Center Helpline**

866-926-0934

[americanaddictioncenters.org](http://americanaddictioncenters.org)

## **Family Intervention Center of Virginia**

804-677-7728

2405 West Main Street, Richmond, VA 23220

[www.interventionctr.com](http://www.interventionctr.com)

## **Master Center for Addiction Medicine**

804-332-5950, 804-315-3135

4212 Park Place Court, Glen Allen, VA 23060

<https://mastercenter.com/>

## **McShin Foundation**

804-249-1845

2300 Dumbarton Road, Richmond, VA 23228

[www.mcshin.org](http://www.mcshin.org)

## **Recovery Centers of America**

844-955-4065

## **Richmond Behavioral Health Authority**

804-819-4000

107 S. 5th Street, Richmond, VA 23219

[www.rbha.org](http://www.rbha.org)

## **River City Comprehensive Counseling Services**

804-230-0999

*Main Office*

2604 N. Parham Road, Richmond, VA 23294

*River City Integrative Counseling*

804-681-2525

[www.rivercityccs.com](http://www.rivercityccs.com)

## **The Caritas Healing Place for Men**

804-230-1217

700 Dinwiddie Avenue, Richmond, VA 23224

[www.caritasva.org/programs/healing-place](http://www.caritasva.org/programs/healing-place)

# Support Groups

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**Alcoholics Anonymous in Greater Richmond**

804-355-1212

[www.aarichmond.org/richmond.php](http://www.aarichmond.org/richmond.php)

**ALS Association** (*amyotrophic lateral sclerosis*)

804-836-1750

[www.als.org/dc-md-va](http://www.als.org/dc-md-va)

**Alzheimer's Association Greater Richmond Chapter**

804-967-2580

**Bon Secours Bereavement Resources**

804-433-4710

[Hospicerichmond.com/our-services/grief-support/](http://Hospicerichmond.com/our-services/grief-support/)

**Compassionate Friends** – *Dealing with deaths in the family*

804-254-0588

**Fetch-a-Cure Pet Loss Support Group**

804-525-2193

[Fetchacure.org/resource-library/pet-loss-support-group/](http://Fetchacure.org/resource-library/pet-loss-support-group/)

**Full Circle Grief Center**

804-912-2947, individual counseling at 804-308-0118

10611 Patterson Avenue, Building 201, Richmond, VA 23238

[Fullcirclegc.org/contact-us-2/](http://Fullcirclegc.org/contact-us-2/)

**Huntington's Disease Support Group**

804-364-4115

**Multiple Myeloma**

800-452-2873, [myeloma.org](http://myeloma.org)

**National Multiple Sclerosis Society**

804-353-5008, 800-344-4867, [nationalmssociety.org/Chapters/VAR](http://nationalmssociety.org/Chapters/VAR)

**Parkinson's Disease Women's Support Group**

804-627-1398

**Prostate Cancer**

804-387-2151, 7-10 p.m., [rvaprostatecancersupport.org](http://rvaprostatecancersupport.org), [zerocancer.org](http://zerocancer.org)

**Reach Out for Life** (*information on free or low-cost mammograms*)

804-977-3920

# Tax Aid

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## **AARP**

866-542-8164

[www.taxaidega.aarp.org/hc/en-us/](http://www.taxaidega.aarp.org/hc/en-us/)

901 E, Byrd Street, Suite 1005, Richmond, VA 23219

## **Henrico County Library Tax Resources**

804-501-1900

VITA Tax Assistance Program at Fairfield Library and North Park Library

Tax Aid Program at Twin Hickory Recreation Center 804-476-4149

[www.henricolibrary.org/tax-resources](http://www.henricolibrary.org/tax-resources)

## **Internal Revenue Service (IRS)**

844-545-5640

400 N. 8th Street, Richmond, VA 23219

[www.irs.gov/individuals/tax-counseling-for-the-elderly](http://www.irs.gov/individuals/tax-counseling-for-the-elderly)

## **Online Tax Assistance Request**

804-501-4729

[www.henrico.us/services/online-tax-assistance-request/](http://www.henrico.us/services/online-tax-assistance-request/)

## **Real Estate Advantage Program (REAP)**

804-501-4729

4301 E. Parham Road, Henrico, VA 23228

[www.henrico.us/finance/real-estate/real-estate-advantage-program-reap](http://www.henrico.us/finance/real-estate/real-estate-advantage-program-reap)

## **Virginia Department of Taxation**

804-367-8031

[www.tax.virginia.gov/free-help-your-taxes](http://www.tax.virginia.gov/free-help-your-taxes)

[www.tax.virginia.gov/virginia-taxes-and-your-retirement](http://www.tax.virginia.gov/virginia-taxes-and-your-retirement)

# Telephone Reassurance

*Programs where volunteers call to check up on or have a friendly conversation with an older adult facing social isolation*

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## **Always Best Care**

804-324-3989

2012 John Rolfe Parkway, Henrico, VA 23238

[www.alwaysbestcare.com/glen-allen/](http://www.alwaysbestcare.com/glen-allen/)

## **Commonwealth Catholic Charities**

804-285-5900

1601 Rolling Hills Drive, Richmond, VA 23229

[www.cccofva.org/ifs](http://www.cccofva.org/ifs)

## **Jewish Family Services**

804-282-5644

6718 Patterson Avenue, Richmond, VA 23226

[www.jfsrichmond.org](http://www.jfsrichmond.org)

## **Senior Connections, The Capital Area Agency on Aging**

804-343-3000

1300 Semmes Avenue, Richmond, VA 23224

[www.seniorconnections-va.org](http://www.seniorconnections-va.org)

## **Virginia Department for Aging and Rehabilitative Services (DARS)**

804-662-9333

1610 Forest Avenue, Suite 100, Henrico, VA 23229

[vda.virginia.gov/servicedescrip.htm](http://vda.virginia.gov/servicedescrip.htm)

# Transportation Services

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## **Angels for Hire**

804-423-9200

6912 Three Chopt Road, Richmond, VA 23226

[www.angelsforhire.com/seniortransportation.html](http://www.angelsforhire.com/seniortransportation.html)

## **Care Advantage**

804-285-1212, 866-576-7931

3201 Hungary Spring Road, Richmond, VA 23228

[www.careadvantageinc.com](http://www.careadvantageinc.com)

## **Companion Extraordinaire Home Care Services**

804-752-2205

5111 Lakeside Avenue, Henrico, VA 23228

[www.cenninc.com](http://www.cenninc.com)

## **Dependacare Transportation**

804-745-1818

306 Turner Road, Suite A, Richmond, VA 23225

<https://dependacaretransport.com>

## **GRTC Transit System CARE**

804-474-9922, 804-782-2273

[www.ridegrtc.com/services/specialized-transportation](http://www.ridegrtc.com/services/specialized-transportation)

ADA inquiries 804-358-3871, ext. 434

GRTC service expansion information: [www.Henrico.us/grtc/](http://www.Henrico.us/grtc/)

## **Senior Connections Ride Connection**

Ride Connection Hotline 804-672-4495

1300 Semmes Avenue, Richmond, VA 23224, 804-343-3000

[seniorconnections-va.org/services/support-to-stay-home/ride-connections](http://seniorconnections-va.org/services/support-to-stay-home/ride-connections)

# Veteran Resources

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## **American Red Cross**

804-780-2250

2825 Emerywood Parkway, Richmond, VA 23294

[www.redcross.org/local/virginia](http://www.redcross.org/local/virginia)

[redcross.org/get-help/military-families/services-for-veterans.html](http://redcross.org/get-help/military-families/services-for-veterans.html)

## **Central Virginia VA Health Care System**

1201 Broad Rock Boulevard, Richmond, VA 23249

804-675-5000

## **Disabled Veterans Real Estate Tax Exemption**

804-501-4729

4301 E. Parham Road, Henrico, VA 23228

[www.henrico.us/finance/real-estate/disabled-veterans](http://www.henrico.us/finance/real-estate/disabled-veterans)

## **Healing Household 6** *(online resources for caregivers of disabled veterans)*

[www.healinghousehold6.org](http://www.healinghousehold6.org)

## **Henrico Benefits Office, Virginia Department of Veterans Services**

121 Cedar Fork Road, Room 412, Henrico, VA 23223, 804-952-6112

## **Henrico County VA Clinic**

7702 E. Parham Road, Parham Doctors Hospital, MOB III, Suite 201

804-675-5000

## **Home Again** *(homeless resources)*

804-358-7747

P.O. Box 5222, Richmond, VA 23220

[www.homeagainrichmond.org](http://www.homeagainrichmond.org)

## **Mesothelioma Veterans Center**

855-641-1454

[www.mesotheliomaveterans.org](http://www.mesotheliomaveterans.org)

## **National Call Center for Homeless Veterans**

877-424-3838

[www.va.gov/homeless/nationalcallcenter.asp/](http://www.va.gov/homeless/nationalcallcenter.asp/)

## **Veterans Outreach**

4902 Fitzhugh Avenue, Richmond, VA 23230

804-353-8958

## **Virginia Department of Veteran Services**

804-786-0286, [www.dvs.virginia.gov](http://www.dvs.virginia.gov)

James Monroe Building, 101 N. 14th Street, 17th Floor, Richmond, VA 2321

# Vision Services

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## **American Council of the Blind**

202-467-5081, [www.acb.org](http://www.acb.org)  
225 Reinekers Lane, Suite 660, Alexandria, VA 2231

## **Eye Care Center of Virginia**

804-330-9303  
2924 Emorywood Parkway, Suite 105, Richmond, VA 23294

## **National Eye Institute** (*free or low cost eye care resources*)

301-496-5248  
[www.Nei.nih.gov/learn-about-eye-health/healthy-vision/get-free-or-low-cost-eye-care/](http://www.Nei.nih.gov/learn-about-eye-health/healthy-vision/get-free-or-low-cost-eye-care/)

## **Richmond Eye Care**

804-935-7700  
1770 N. Parham Road, Suite 101, Henrico, VA 23239

## **VA Department for the Blind and Vision Impaired**

804-371-3140  
[www.vdbvi.org](http://www.vdbvi.org)

## **VCU Medical Center** (*Department of Ophthalmology*)

804-828-9315  
401 N. 11th Street, Suite 439, Richmond, VA 23298  
[www.eye.vcu.edu](http://www.eye.vcu.edu)

## **Virginia Eye Institute**

[www.vaeye.com](http://www.vaeye.com)

## **Virginia Voice**

804-266-2477  
7870 Villa Park Drive, Suite 900, Richmond, VA 23228  
[www.virginiavoice.org](http://www.virginiavoice.org)



# Voter Information

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**Apply to Vote Absentee by Mail, Update Address, Find Your Polling Place**

<https://vote.elections.virginia.gov/VoterInformation/>

**Henrico County Voter Registration** (*absentee ballots, drop boxes*)

804-501-4347

4305 E. Parham Road, Richmond, VA 23228

[henrico.us/registrar/](https://henrico.us/registrar/)

**Register to Vote**

<https://vote.elections.virginia.gov/Registration/DmvLookup>