

Legal

Do you need some basic information to help you go about getting legal advice? Would you like to be an educated consumer? This section will help you plan for the future with helpful articles on everything from advance medical directives to estate planning and wills.



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Article

Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

Source

[Today's Caregiver](#)

Article

How Continuing Care Retirement Communities Work

Continuing care retirement communities, also known as CCRCs or life plan communities, are a long-term care option for older people who want to stay in the same place through different phases of the aging process.

Source

[AARP](#)

Article

Beware: 8 Red-Hot Frauds

Check out the list of today's hottest emerging frauds.

Source

[AARP](#)

Links

Public Safety Brochures from the National Police Association

Source

[Public Safety Brochures from the National Police Association](#)

Links

Cake: Funeral and End-of-Life Platform and Tools

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

Article

Virtual Advance Care Planning Conversations from Honoring Choices Virginia

Find out about Honoring Choices Virginia's Virtual Advance Care Planning Conversations.

Source

[Honoring Choices® Virginia](#)

Links

National Anti-Fraud Hotline

Source

[National Anti-Fraud Hotline](#)

Books & Guides

Protective Orders in Virginia: A Guide for Victims

The guide Protective Orders in Virginia-A Guide for Victims provides essential information for anyone seeking a protective order due to violence, force, threat, sexual assault or bodily injury. Learn about the types of protective orders, legal representation, and Virginia laws.

Source

[Virginia Department of Criminal Justice Services](#)

Article

Aging, Disability, and the Americans with Disabilities Act

The Americans with Disabilities Act (ADA) is important to people of all ages including older adults.

Source

[Mid-Atlantic ADA Center](#)

Links

Virginia Residential Energy Incentives

Source

[Virginia Residential Energy Incentives](#)

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