



# COMMONWEALTH of VIRGINIA

## Office of the Governor

Mark R. Warner  
Governor

Dear Fellow Virginian:

I am writing you about a very important issue: planning for your future long term care needs.

Many people, myself included, do not like to think about getting older, or the possibility that at some time in the future we may not be able to perform such routine tasks as bathing and dressing.

But the hard truth is that most of us will need some type of long term care in our later years. While this is a normal part of aging, the tragedy is that many of us don't plan for it adequately. And when we need long term care, it becomes a crisis for us and for our families.

That is why I want to tell you about a new program that we here in Virginia and the federal government are working on together called: "*Own Your Future.*" The goal of the program is to encourage persons between the ages of 50 and 70 to start planning ahead for their future long term care needs now.

As a first step in the planning process, I encourage you to order the "Long Term Care Planning Tool Kit" created by the U.S. Department of Health and Human Services. You can do so either by calling 1-866-PLAN-LTC (1-866-752-6582) or returning the postage paid reply card attached to the enclosed brochure.

Long term care needs are best met when they are planned for ahead of time. So please "*Own Your Future*" and order your free "Long Term Care Planning Tool Kit" today!

Sincerely,

A handwritten signature in black ink that reads "Mark R. Warner".

Mark R. Warner

VA

# Own Your Future: A Quick Guide to Virginia's Resources



- Contact the Virginia Department for the Aging (VDA) at 1-800-552-3402 or visit its website at [www.vda.virginia.gov](http://www.vda.virginia.gov). VDA offers a Long-Term Care (LTC) Consumer's Guide and information on numerous long-term care planning topics, including:

- Long-term care insurance
- Financial and legal issues
- Community-based care
- Home-delivered & group meals

To locate your local Area Agency on Aging visit [www.vda.virginia.gov/AAAlist.htm](http://www.vda.virginia.gov/AAAlist.htm) or call VDA toll free at 1-800-552-3402.

- Visit SeniorNavigator at [www.seniornavigator.com](http://www.seniornavigator.com). SeniorNavigator is a non-profit organization that provides information to Virginians about available health and aging resources, such as:

- Health and aging
- Exercise programs facilities
- Financial & Legal issues
- Community services
- Assisted living and housing
- Support groups

- If you are interested in exploring long-term care insurance, you may contact the Virginia State Corporation Commission (SCC) toll-free at 1-877-310-6560 or in Richmond at 1-804-371-9092:

- Request the free "Facts about LTC Insurance in Virginia" resource guide. This guide includes a list of state licensed LTC insurance providers and a shopper's guide to LTC insurance.

You may also visit the SCC's consumer information website at [www.state.va.us/scc/consinfo.htm](http://www.state.va.us/scc/consinfo.htm). The website provides information on prescription drug programs, and on life, health, long-term care, and Medicare supplement insurance.

- Contact your local Department of Social Services (DSS) if you are interested in receiving information on local adult services programs or for eligibility information on Virginia's Medicaid program. You may find your local DSS in the government section of the telephone directory or by visiting the DSS website at [www.dss.state.va.us/localagency/index.html](http://www.dss.state.va.us/localagency/index.html).

- Virginia's Human Services Information and Referral (I & R) Network provides information on a variety of human services in their area. Contact them toll free at 1-800-230-6977.

- Virginia Health Information's website offers a LTC Guide or a LTC Provider Directory at [www.vhi.org](http://www.vhi.org). You can also request these guides toll-free at 1-877-844-4636.

- Other state agencies that offer services and assistance with LTC needs include:
  - Virginia Department for the Blind and Vision Impaired ([www.vdbvi.org](http://www.vdbvi.org))
  - Virginia Department for the Deaf and Hard of Hearing ([www.vddhh.org](http://www.vddhh.org))
  - Virginia Department of Medical Assistance Services' ([www.dmas.virginia.gov](http://www.dmas.virginia.gov)); Click on "Long-Term Care and Waiver Services" and then click on "RoadMap to Services"
  - Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services ([www.dmhmrzas.virginia.gov](http://www.dmhmrzas.virginia.gov))
  - Virginia Department of Rehabilitative Services ([www.vadrs.org](http://www.vadrs.org))