

LOCAL COMMUNITY RESOURCES

Community Resources

AARP – 866-542-8164: Help with Social Security, healthcare, long-term care, caregiver support.

Riverside Nurse Line: Symptom questions, referrals, general health info (Free service).

Sentara Nurse Advice Line (24/7): Assessment and care guidance (Sentara Health Plan members).

ElderCare Resources – 757-253-0188.

Heads Up (York County, Williamsburg, Poquoson): Alerts responders to pre-existing conditions.

Project Lifesaver: Search-and-rescue for at-risk individuals prone to wandering.

Meals on Wheels: Weekday meal delivery for disabled and elderly.

Additional Community Support

LINK of Hampton Roads – 757-595-1953: Financial aid, pantry, shelter, notary, health support.

Peninsula Agency on Aging / Senior Services of Southeastern VA – 757-838-0541 / 757-464-9481: Transport, nutrition, caregiver support (60+).

Peninsula Rescue Mission – 757-380-6909: Food, shelter, clothing.

Paramedicine Program: Free post-discharge support (CHF, COPD, Sepsis, Stroke).

Salvation Army – 1-800-SAL-ARMY: Medication, food, utilities assistance.

United Way: Information and referral helpline.

Catholic Charities of Eastern Virginia – 757-456-2366: Financial aid, respite, counseling.

Sentara Supportive Care Services – 757-624-0300 / 833-470-0783: Palliative care for cancer patients.

Transportation

Hampton Roads Transit – 757-222-6100.

Handi-Ride / Paratransit – 757-222-6005.

LogistiCare – 866-386-8331: Non-emergency medical transportation.

Lee's Friends – 757-440-7501: Free cancer transport, grants, emotional support.

Local, State & National Organizations

AIDS Hotline – 800-533-4148.

Alzheimer's Association – 800-272-3900: Education & support.

American Cancer Society – 800-227-2345.

American Diabetes Association – 888-342-2383.

American Heart Association – 757-873-8703.

American Lung Association – 212-315-8700.

Cancer Information Service – 800-422-6237.

CancerCare.org – 800-813-HOPE.

CancerSupportCommunity.org – 888-793-9355.

Epilepsy Foundation of America – 800-332-1000.

Leukemia Society of America – 757-838-9351.

Lupus Foundation – 800-558-0121.

Multiple Sclerosis Society – 800-344-4867.

National Cancer Institute (NCI) – 800-4-CANCER.

National Kidney Foundation – 800-622-3010.

National Stroke Hotline – 800-STROKES.

Well Spouse Foundation – Support for caregivers of chronically ill partners.

Sentara Palliative Care Website

