



OUR COMMITMENT

Bay Aging upholds strict confidentiality and HIPAA standards. This brochure is for information purposes only, as services have eligibility guidelines.

CONTACT US

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Established in 1978, Bay Aging is a nonprofit 501(c)(3) Area Agency on Aging that primarily serves residents of the Middle Peninsula and Northern Neck.
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THRIVING AT HOME

**Services That Support
Every Stage of Aging**



1-800-493-0238
www.bayaging.org

Bay Aging ensures every neighbor in our region has access to the programs and services they need to live safely, independently, and with dignity in their home and community.

WHAT WE DO

For more than 45 years, Bay Aging has delivered transportation, housing, health, community living, caregiver support, and enrichment programs that help people thrive at every stage of life.

Our service region spans Virginia's Middle Peninsula and Northern Neck, ensuring critical support for residents.

TRANSPORTATION

Bay Transit

Accessible, reliable transportation for people of all ages—to jobs, healthcare, education, recreation, and essential services—connecting neighbors with critical resources.

New Freedom Mobility Management

Transportation support that helps older adults and people with disabilities access care outside the regular service region.

HEALTH & COMMUNITY LIVING

Options Counseling

Your gateway to all Bay Aging services—receive personalized guidance to understand your choices and plan for long-term independence.

Meals on Wheels

Nutritious home-delivered meals and safety checks for older adults who may otherwise lack reliable access to food.

In-Home & Personal Care (Bay Home Care)

Essential daily-living assistance and flexible private-pay support to help individuals remain safe, comfortable, and independent at home.

Care Coordination & Transitional Care

Guidance and support to manage chronic conditions and smooth transitions after hospital stays.

GUIDE Model

Coordinated dementia care program to help eligible Medicare recipients and their caregivers remain safely at home.

Veteran Directed Care

Multi-state program offering Veterans of any age with disabilities or chronic conditions the ability to direct their own in-home services.

Insurance Counseling (VICAP)

Free, unbiased Medicare counseling to help individuals understand benefits, compare plans, and navigate appeals.

Adult Day Center

Safe, supportive day services, for adults with dementia, Alzheimer's, and developmental disabilities.

CAREGIVER SUPPORT

Support Groups

In-person and online groups connect unpaid caregivers with guidance, respite, and emotional support.

Memory Cafés

A welcoming social gathering for those experiencing memory changes and their caregivers.



HOUSING

Service Enriched Apartment Communities

Attractive, safe, and affordable apartments for older adults, promoting independence with supportive services.

Housing Choice Vouchers

Rental assistance program helping low-income families find safe, decent, and affordable housing.

Homeless Solutions & Coordinated Entry

Immediate support for people experiencing a housing crisis, connecting them with community resources.

Weatherization, Emergency Home Repair & Indoor Plumbing Rehabilitation

Critical home improvements to ensure safe living conditions for low income families.

ENRICHMENT & ADVOCACY

Senior Employment Training

Opportunities for adults 55 years and older living with low incomes to re-enter the workforce through training and support.

Active Lifestyle Centers

Welcoming community spaces for older adults offering activities, socialization, educational programs, and meals.

Retired & Senior Volunteer Program (RSVP)

Adults 55 years and older can give back to their communities through flexible volunteer opportunities—like Meals on Wheels or supporting local centers.

Long-Term Care (LTC) Ombudsman

Advocacy, assistance, and education for navigating long-term care concerns.