

Find Resources for You

Explore helpful resources including articles, books and guides, links, and videos.



Disability Resources

Disability Resources

- [Advocacy](#)
- [Community](#)
- [Family](#)
- [Health](#)
- [Home](#)
- [Planning](#)
- [Transportation](#)



Senior Resources

Senior Resources

- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)



Veterans Resources

Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
- [Health](#)
- [Housing](#)
- [Quality of Life](#)
- [Transportation](#)

My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)

Recent VirginiaNavigator Articles

[View All Articles](#)

Featured Article

[**Walk with Ease Program**](#)

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

[Read More](#)

Image



Article

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

[Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED](#)

Article

Virginia Assisted Living Finder

Need help understanding and simplifying assisted living options? There's an array of senior living options across Virginia that cater to different needs. The Virginia Assisted Living Finder includes housing resources and FAQs on housing topics to help guide you and your family.

Source

[Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED](#)

Article

Celebrate Earth Day 2024: Climate Change Tips

April 22nd is Earth Day. This annual celebration honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Source

[Virginia Geriatric Education Center](#)

Article

How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

The Hope Fund for Critical Financial Assistance

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

Source

[Elizabeth Dole Foundation](#)

Article

Are You Getting Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

Source

[Centers for Disease Control \(CDC\)](#)

Sign Up for E-News

Stay informed through our e-newsletters – timely and relevant information delivered right to your inbox.

[Sign Up Here](#)

Community Calendar

[Find events near you](#)



May
18

[Spring Band Concert](#)

3:00 - 4:30pm
Charlottesville Area
May
19

3rd Annual Disability Inclusion Day

1:35 - 5:00pm
Richmond Area
May
20

Virtual PADRECC Support Group for Caregivers

10:00 - 11:00am
Statewide
May
20

Personal Care Aide School ~ Goochland County

11:00am - 6:00pm
Richmond Area
[View PDF](#)