

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

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

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 \(CDC\)](#)

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

Geriatric Care Managers Advocate for Older Adults — and Their Caregivers

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private

advocates and guides for family members who want to ensure their loved one receives good care.

Source

[AARP](#)

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

16

What to Do With our Stuff? Tasks and Timelines to Prepare for an Estate Sale or Auction

12:00 - 1:00pm

Statewide

May

16

Autism Questions, Answered

1:00 - 3:00pm

Charlottesville Area

May

17

Lunch and Learn

11:00am - 12:30pm

Roanoke Valley

May

18

Spring Band Concert

3:00 - 4:30pm

Charlottesville Area

[View PDF](#)