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- [Transportation](#)



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



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Veterans Resources

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

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Recent VirginiaNavigator Articles

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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.

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Image



Article

VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

Road Scholar Program

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

Article

Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

Article

How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

Article

6 Great Things About Kinship/Grandfamilies

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

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Community Calendar

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Nov

22

SwimRVA Wellness Open House

10:00am - 1:00pm

Richmond Area

Nov

26

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm

Statewide

Nov

26

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Nov

27

Drop In Bereavement Support Groups, 4th Wednesday

9:00 - 10:00am

Charlottesville Area

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