

# Find Resources for You

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



## Disability Resources

## Disability Resources

- [Advocacy](#)
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## Senior Resources

## Senior Resources

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## Veterans Resources

## Veterans Resources

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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.

[Learn More](#)

## 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.

[Read More](#)

Image



Article

## [Reduce Your Risk from Respiratory Viruses This Holiday Season](#)

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

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](#)

## Sign Up for E-News

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## Community Calendar

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Jan  
23

## **Caring for the Caregiver**

1:00 - 2:00pm

Statewide

Jan

23

## **The Caregiver's Playbook Training Series**

7:00 - 7:30pm

Statewide

Jan

28

## **Brain Injury Association of Virginia ~ Virtual Support Group**

6:00 - 7:00pm

Statewide

Jan

28

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

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