Find Resources for You

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



Disability Resources

Disability Resources

- Advocacy
- Community
- Family
- <u>Health</u>
- Home
- Planning
- Transportation



Senior Resources

Senior Resources

- Aging Well
- Caregiving
- Community
- Financial
- Housing
- <u>Legal</u>
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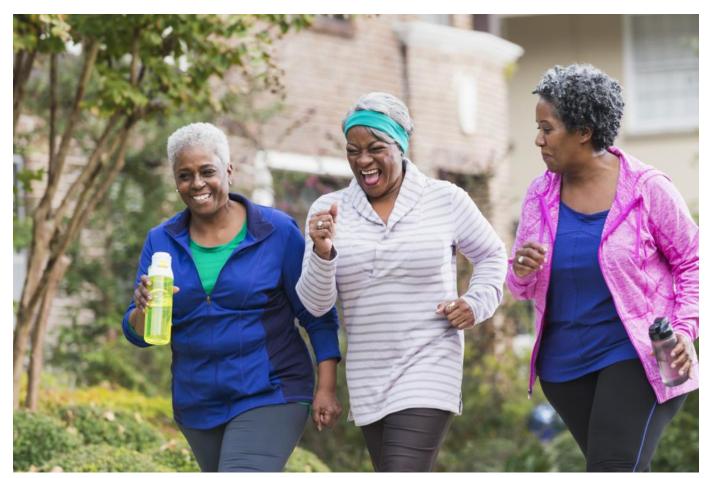
Featured Article

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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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

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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

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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.

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AARP

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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.

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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.

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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

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Community Calendar





May 20

Personal Care Aide School ~ Goochland County

11:00am - 6:00pm

Richmond Area May 21

Move for Health (Onsite and Online)

9:00 - 10:00am Charlottesville Area May 21

Move for Health

9:30 - 10:30am Charlottesville Area May 21

Elder Law with Doris Gelbman

10:00 - 11:30am Charlottesville Area View PDF