

# 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

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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

## **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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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

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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](#)

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## **Community Calendar**

[Find events near you](#)



May

18

### **Spring Band Concert**

3:00 - 4:30pm

Charlottesville Area

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

[View PDF](#)