

# Find Resources for You

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



## Disability Resources

## Disability Resources

- [Advocacy](#)
- [Community](#)
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- [Transportation](#)



## Senior Resources

## Senior Resources

- [Aging Well](#)
- [Caregiving](#)
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## Veterans Resources

## Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
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- [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.

[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

## **Caregiving documentary with Bradley Cooper**

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

Source

[PBS](#)

Article

## **Public Comment Period for Draft Amendments to the DARS State Plan for Aging Services**

The Virginia Department for Aging and Rehabilitative Services has released draft amendments to the State Plan for Aging Services to align it with updated federal

Older Americans Act regulations. There is a Public Comment Period from March 24 to April 23, 2025. Comments can be submitted online, via email, mail, or fax.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

## **VA Resources for Older Veterans**

Stay independent and connected with your community as you grow older by taking advantage of VA resources so you can age in place in your home.

Source

[VA News](#)

Article

## **Genworth Cost of Care Survey Tool**

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source

Genworth

Article

## **Veteran Virtual Mental Health Support**

Virginia Veteran and Family Support (VVFS) has teamed up with Cabana—a virtual support platform that brings accessible, live mental health and wellness support to military-connected individuals, including service members, veterans, and their families.

Source

[Virginia Department of Veterans Services](#)

Article

## **SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature**

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

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## **Community Calendar**

[Find events near you](#)



**THE  
CENTER**  
AT BELVEDERE

Apr  
1

## **Complimentary Pain and Injury Screenings**

9:00 - 10:00am  
Charlottesville Area  
Apr  
1

## **The Good Life Series**

11:00am - 12:00pm  
Charlottesville Area  
Apr  
1

## **TRIAD Meetings, Augusta County**

2:30 - 3:30pm  
Harrisonburg/Staunton/Lexington

Apr

1

## **Women Veterans Peer Support Group ~ Virtual**

5:00 - 7:00pm

Statewide

[View PDF](#)