

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

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



Veterans Resources

Veterans Resources

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

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

[View All Articles](#)

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

Program of General Caregiver Support Services (PGCSS)

Program of General Caregiver Support Services

Article

Healthy, Thrifty Holiday Meals

Make Tasty, Affordable Holiday Menus with SNAP-Ed Connection recipes!

Each menu has vegetarian options.

All recipes meet the USDA MyPlate Kitchen Criteria. Menus were not designed to meet requirements for any USDA or other government food assistance program.

Click on the month to find holiday recipes.

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

Veterans Food Assistance Program

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

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](#)

Sign Up for E-News

Stay informed through our e-newsletters - timely and relevant information delivered right to your inbox.

[Sign Up Here](#)

Community Calendar

[Find events near you](#)



Nov
13

Drop In Bereavement Support Group, 2nd Wednesday

9:00 - 10:00am
Charlottesville Area
Nov
13

Medicare 101

11:00am - 12:00pm
Charlottesville Area
Nov
13

Young Onset Dementia

1:00 - 2:30pm

Statewide

Nov

13

Memory Cafe ~ Gloucester

1:30 - 3:00pm

Gloucester Area

[View PDF](#)