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Disability Resources

Disability Resources

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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.

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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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Image



Article

VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

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. 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

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](#)

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Community Calendar

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Nov
22

[SwimRVA Wellness Open House](#)

10:00am - 1:00pm

Richmond Area

Nov
26

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm

Statewide

Nov

26

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Nov

27

Drop In Bereavement Support Groups, 4th Wednesday

9:00 - 10:00am

Charlottesville Area

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