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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.

[Learn More](#)



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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

[Connecting Hungry Seniors with SNAP](#)

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Article

[Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in 2024](#)

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[Virginia Department of Rail and Public Transportation](#)

Article

[How to Age Successfully with Spinal Cord Injury](#)

Learn what to expect when aging with a Spinal Cord Injury (SCI) and learn important strategies and steps to help you stay healthy and active.

Source

[Model Systems Knowledge Translation Center \(MSKTC\)](#)

Article

Spread the word: The 2025 Veterans Benefits Guide is now available

As part of our commitment to provide world-class care and benefits to those who have served our nation, VA is pleased to present the “2025 VA Federal Benefits Guide for Veterans, Dependents, Survivors, and Caregivers.”

Source

[VA News](#)

Article

The Arc ~ Digital Literacy Creates Opportunities

Check out the Arc's free digital skills training for people with intellectual and developmental disabilities.

Source

[The Arc of the United States](#)

Article

Four VA Virtual Care Resources for Caregivers

Caregivers work hard to make sure Veterans receive the care they need. Whether you're a Veteran's family member or a professional caregiver, VA has virtual care tools to help you on your journey.

Source

[VA News](#)

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Community Calendar

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Feb

3

[Richmond/Philadelphia PADRECC Virtual Parkinson's Disease Support Group](#)

1:00 - 2:00pm

Statewide

Feb

4

[Complimentary Pain and Injury Screenings](#)

9:00 - 10:00am
Charlottesville Area
Feb
4

Coffee for Caregivers ~ Roanoke

10:00 - 11:00am
Roanoke Valley
Feb
4

The Good Life Series

11:00am - 12:00pm
Charlottesville Area
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