

# Find Resources for You

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



## Disability Resources

## Disability Resources

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## 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

## **Learn About Alzheimer's Disease and 8 Ways to Lower Your Risk of Getting It**

Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If not treated, it can affect a person's ability to go about their normal routines.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **Veterans Day Facts and Information**

Veterans Day is always observed officially on November 11, and is the day set aside to thank and honor ALL those who served honorably in the military - in wartime or peacetime.

Source

[U.S. Department of Veterans Affairs](#)

Article

## **VDSS Accepting Fuel Assistance Applications**

The Virginia Department of Social Services (VDSS) is currently accepting

Source

[Virginia Department of Social Services](#)

Article

## **Universal Design Resources**

Universal Design (UD) is a strategy for making products, environments, operational systems, and services welcoming and usable to the most diverse range of people possible.

Source

[U.S. Department of Labor: Office of Disability Employment Policy](#)

Article

## **Virtual Program: What is Good Dementia Care?**

This virtual program offers an interactive conversation between family caregivers and a team of healthcare professionals.

Source

[Virginia Geriatric Education Center](#)

Article

## **Talk to Your Doctor: 6 Tips to Help Inform Your Conversation About Falls**

Explore tips to help you talk with your doctor about falls and falls prevention.

Source

[National Council on Aging](#)

## **Sign Up for E-News**



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

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## Community Calendar

[Find events near you](#)



Dec

11

### [Veteran Women's Social on 2nd Mondays](#)

11:00am - 12:00pm

Charlottesville Area

Dec

11

### [Bingocize® ~ Virginia Beach](#)

12:00 - 1:00pm

Tidewater/Chesapeake

Dec

12

## **Home Safety Series**

10:00 - 11:00am

Charlottesville Area

Dec

12

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

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