

# 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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## 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

## **What is Ask an Expert?**

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

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Article

## **Virginia Assisted Living Finder**

Need help understanding and simplifying assisted living options? There's an array of senior living options across Virginia that cater to different needs. The Virginia Assisted Living Finder includes housing resources and FAQs on housing topics to help guide you and your family.

Source

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Article

## **Celebrate Earth Day 2024: Climate Change Tips**

April 22nd is Earth Day. This annual celebration honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

Source

[Virginia Geriatric Education Center](#)

Article

## **How Family Caregivers Can Get the Tax Breaks They Deserve**

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

## **The Hope Fund for Critical Financial Assistance**

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

Source

[Elizabeth Dole Foundation](#)

Article

## **Are You Getting Enough Sleep?**

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

Source



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

## 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](#)



May

8

### [Drop-In Bereavement Support Groups, 2nd Wednesday](#)

9:00 - 10:00am

Charlottesville Area

May

8

## **A Matter of Balance**

9:00 - 11:00am

Roanoke Valley

May

8

## **Law Days, Voices of Democracy ~ Montgomery County**

10:00am - 3:00pm

New River Valley

May

8

## **Medicare 101**

11:00am - 12:00pm

Charlottesville Area

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