

## Editor's Picks

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### **Telephone Tips and Techniques for Accessing Resources**

Get the most out of telephone conversations by using these tips and techniques to access resources, find answers to your questions, or arrange for services you and your family need.

[Image](#)

[ask an expert question](#)

### **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.

[Image](#)



### **Virginia Lifespan Respite Voucher Program**

Provides reimbursement vouchers to Virginia caregivers for the cost of temporary, short-term respite care provided to individuals of any age, with a documented disability or medical condition.

[Image](#)



The Arc

## **Supporting Daily and Major Life Decisions**

The Arc's Center for Future Planning has created free decision-making resources for people with intellectual and developmental disabilities (IDD).

[Image](#)



## [Staying Active with Adaptive Sports](#)

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. Explore adaptive sports and recreation programs.

[Image](#)



## [Mindfulness training can boost heart-healthy eating](#)

Meditation and other mindfulness training could help people stick to a healthy eating plan. This type of mindfulness training might help people make healthy changes that can reduce hypertension and cardiovascular risks.

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## **About**

**We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability connecting with reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

## **disAbility Resources**

### **Find Resources for You**

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

### **Find Resources for You**

- [Advocacy](#)
- [Community](#)
- [Family](#)
- [Health](#)
- [Home](#)
- [Planning](#)
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If we've helped you connect with helpful resources and support, please share your story.

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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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