

Find Resources for You

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



Disability Resources

Disability Resources

- [Advocacy](#)
- [Community](#)
- [Family](#)
- [Health](#)
- [Home](#)
- [Planning](#)
- [Transportation](#)



Senior Resources

Senior Resources

- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)



Veterans Resources

Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
- [Health](#)
- [Housing](#)
- [Quality of Life](#)
- [Transportation](#)



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

[View All Articles](#)

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

[Copyright © 2024 VirginiaNavigator; ALL RIGHTS RESERVED](#)

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

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 \(CDC\)](#)

Article

Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

Source

[Today's Caregiver](#)

Article

Tips for Organizing a Medical History

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

Source

[Today's Caregiver](#)

Article

The Sandwich Generation

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members.

Source

[Today's Caregiver](#)

Sign Up for E-News

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

[Sign Up Here](#)

Community Calendar

[Find events near you](#)



May

6

Law Days, Voices of Democracy ~ Radford

10:00am - 3:00pm

New River Valley

May

7

Adolescent Reproductive Health Summit

12:00 - 5:00pm

Roanoke Valley

May

7

Achieving a Good Death: A Practical Guide To the End of Life

12:00 - 1:00pm

Statewide

May

7

TRIAD Meetings, Augusta County

2:30 - 3:30pm

Harrisonburg/Staunton/Lexington

[View PDF](#)