

# 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](#)
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## Veterans Resources

## Veterans Resources

- [Benefits](#)
- [Community](#)
- [Employment](#)
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- [Housing](#)
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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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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

### [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.

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## Community Calendar

[Find events near you](#)



May

8

### [Law Days, Voices of Democracy ~ Montgomery County](#)

10:00am - 3:00pm

New River Valley

May

8

## **Cultivating Caregiving ~ Seeds of Sorrow, Gardens of Growth**

3:00 - 4:30pm

Statewide

May

8

## **Special Education Workshop Series, Spring Fling 2024**

6:30 - 8:00pm

Statewide

May

9

## **Memory Partners**

10:00 - 11:30am

Roanoke Valley

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