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Disability Resources

Disability Resources

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- [Health](#)
- [Home](#)
- [Planning](#)
- [Transportation](#)



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



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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.

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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

How Does Social Connectedness Affect Health?

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

Source

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

Article

Brain Health and Dementia Fact Sheets | Infographics

The Virginia Department of Health, Department for Aging and Rehabilitative Services, and Dementia Capable Virginia have developed an array of brain health and dementia fact sheets and infographics for consumers and providers.

Source

[Virginia Department of Health](#)

Article

VA Home and Community Based Services

There are a range of VA home and community-based services to support eligible Veterans and their Caregivers.

Source

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

Article

VA Dental Insurance Program (VADIP)

The VA Dental Insurance Program (VADIP) offers discounted private dental insurance for Veterans and family members who meet certain requirements. Find out if you're eligible, and how to enroll in a plan that meets your needs and budget.

Source

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

Article

VA Dental Care

If you qualify for VA dental care benefits, you may be able to get some or all of your dental care through VA. Find out how to get VA dental care or how to buy dental insurance if you don't qualify.

Source

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

Article

Transitioning Military Personnel ~ Bridge the resume gap with these 4 insightful tips

Whether it's as short as a few weeks or as long as a few months, some employers may consider a resume gap a red flag, but there are ways to bridge this gap with these helpful tips.

Source

[VA Careers](#)

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Mar

4

[Richmond/Philadelphia PADRECC Virtual Parkinson's Disease Support Group](#)

1:00 - 2:00pm

Statewide

Mar

5

Good Life Series

11:00am - 12:00pm

Charlottesville Area

Mar

5

Seeing the Person Before Their Dementia

12:00 - 1:00pm

Statewide

Mar

5

Mandala Art Painting

1:00 - 3:00pm

Charlottesville Area

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