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Disability Resources

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- Family
- <u>Health</u>
- Home
- Planning
- Transportation



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- Financial
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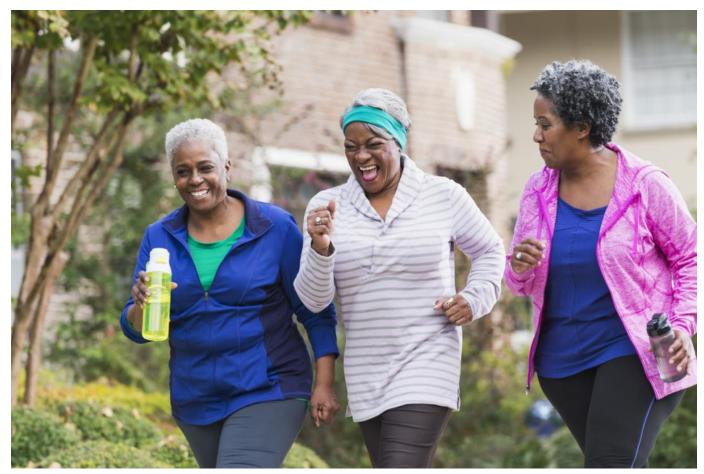
Featured Article

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.

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Article

Caregiving Youth Shine

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance. Article

Disaster Assistance and Resources for Veterans

It's important for Veterans and their families to know that the VA is here to help in the wake of a disaster.

Source
VA News
Article

Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

National Institute on Aging

Article

<u>Make a Plan ~ Emergency Preparedness for Your</u> Family

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Source

Ready.gov

Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Source

Centers for Disease Control (CDC)

Article

AARP Fraud Watch Network Helpline

AARP's Fraud Watch NetworkTM Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

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Community Calendar





Jul 29

30

Fitness Class: Strengthen Your Bones

6:00 - 7:00pm Statewide Jul

The Secret Map of Surviving Loss ~ Adult Grief Support Group

10:00 - 11:00am Petersburg/Hopewell Area Jul 30

Bingocize ~ **Manassas**

11:00am - 12:00pm Prince William/Fauquier Area Jul 30

Families Anonymous

6:45 - 8:00pm Charlottesville Area View PDF