

# 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

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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

## **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 Network™ 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

[AARP](#)

Article

## **SUN Bucks (Summer EBT)**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

## **Your Healthiest Self ~ Social Wellness Toolkit**

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

## **AARP Livability Fact Sheets: The Complete Collection**

The AARP Livability Fact Sheets provide information about what factors make a city, town or neighborhood a great place to live.

Source

[AARP](#)

Article

## **The DICE Approach Online Training Program**

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

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# Community Calendar

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Jul  
2

## [The Secret Map of Surviving Loss ~ Adult Grief Support Group](#)

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

Jul  
2

## [Good Life Series](#)

11:00am - 12:00pm  
Charlottesville Area

Jul  
2

## **Bingocize ~ Manassas**

11:00am - 12:00pm

Prince William/Fauquier Area

Jul

2

## **Learn about Accessible Reading Resources for the Blind and Low-Vision**

2:00 - 3:30pm

Richmond Area

[View PDF](#)