

Find Resources for You

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Disability Resources

Disability Resources

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Senior Resources

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Veterans Resources

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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](#)

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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

The Hope Fund for Critical Financial Assistance

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

Source

[Elizabeth Dole Foundation](#)

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](#)

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May

2

Law Days, Voices of Democracy ~ Gate City

10:00am - 3:00pm

Southwest Virginia

May

2

TRIAD Roanoke County, May

1:00 - 2:00pm
Roanoke Valley
May
2

Art and Care

2:00 - 3:00pm
Harrisonburg/Staunton/Lexington
May
2

Jazz Jam Session

6:00 - 8:00pm
Charlottesville Area
[View PDF](#)