

Editor's Picks

[Image](#)



About Respite Relief for Military and Veteran Caregivers

Respite provides a much-needed break for both the caregiver and the care receiver. If you are a military or veteran caregiver caring for a spouse, parent, child, friend, or loved one, then respite relief is for you. Explore respite services and resources for your needs.

[Image](#)



SUN Bucks Grocery Benefits for Kids

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can get \$120 per child for buy groceries during the summer. SUN Bucks may have a differenet name depending on your location.

[Image](#)



Disaster Assistance and Resources for Veterans

An active tornado season, historic flooding and other severe weather have impacted millions of Americans this year. As we step into a strong forecasted hurricane season, it's important for Veterans and their families to know that the VA is here to help. In the wake of a disaster, here are some resources available to you.

[Image](#)



Guard Yourself Against Scammers Impersonating VA

Scammers may send official-looking posts or emails trying to hijack your personal information and steal your benefits as well as health care and other identifying information. Learn about precautions you can take to guard your benefits

[Image](#)

[ask an expert question](#)

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.

[Image](#)



[Find Resources with New VA Resource Navigator](#)

Veterans frequently have questions about VA services and benefits. Whether they have recently exited military service or have been separated for years, VA is here to help Veterans navigate benefit entitlements and take an active role in their health care.

[Image](#)



[Extreme Heat and Your Health](#)

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. There can be health effects so it's important to know the signs and symptoms of heat-related illnesses.

About

We're Here to Help You Navigate Your Journey

Since 2001 VirginiaNavigator and our family of websites have been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, someone with a disability seeking reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

Veterans Resources

Find Resources for You

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

Find Resources for You

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If we've helped you connect with helpful resources and support, please share your story.

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Veteran Caregivers in Virginia

Family caregivers for Veterans often face unique challenges - find helpful caregiving information and access to key resources for support.

[Learn More](#)

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