

Editor's Picks

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[The Hope Fund for Financial Assistance](#)

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

[Image](#)



[Virginia Veterans Resource Guide](#)

This Veterans Resource Guide is your roadmap to veterans benefits in the Commonwealth of Virginia. It is filled with useful information on the programs and services offered by the Virginia Department of Veterans Services (DVS) and other state agencies.

[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.

[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](#)



SNAP and Military and Veteran Families

You served our country proudly and honorably, and we want you to know that through our nutrition programs, you may be eligible for assistance to ensure you, your family, and fellow veterans have nutritious meals.

[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](#)



[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.

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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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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