

# 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

[View All Articles](#)

Article

### [Protecting Yourself and Others with Vaccinations](#)

The best way to protect ourselves from respiratory illness is with vaccinations. Vaccines can help protect from flu, RSV, COVID-19 and pneumococcal pneumonia. These vaccines are available free of charge to Veterans receiving care at VA.

Source

[VA News](#)

Article

### [VA Leads the Way in Exposure-Informed Care](#)

For years, Veterans have returned home with invisible scars—illnesses and conditions caused by exposure to toxic substances. The passage of the PACT Act (Promise to Address Comprehensive Toxics) marked a transformative step in

addressing care gaps Veterans were facing after returning home from combat.

Source

[VA News](#)

Article

## **Cyber Safety While Traveling**

Using public chargers and Wi-Fi can be convenient but also puts your devices and data at risk. Hackers can compromise public USB ports and set up fake Wi-Fi hotspots to gain access to your information. Learn how to protect your online activity while traveling.

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](#)

## Sign Up for E-News

Stay informed through our e-newsletters – timely and relevant information delivered right to your inbox.

[Sign Up Here](#)

## Community Calendar

[Find events near you](#)



Oct

11

## [CVHCS 4th Annual Individuals with Disabilities Event](#)

9:00am - 1:00pm

Statewide

Oct

15

## **Parkinson's Support Groups, Lynchburg**

2:00pm

Lynchburg Area

Oct

15

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

Oct

16

## **Online Parkinson's Cafe**

10:00 - 11:00am

Statewide

[View PDF](#)