

# 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

### [\*\*VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene\*\*](#)

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

### [\*\*Program of General Caregiver Support Services \(PGCSS\)\*\*](#)

## **Program of General Caregiver Support Services**

Article

### **Healthy, Thrifty Holiday Meals**

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

### **Veterans Food Assistance Program**

The Veterans Food Assistance Program (VFAP) is designed to provide a one-time grant of essential food and household support to veterans and their families, ensuring no veteran goes hungry.

Article

### **Social Security Announces 2.5 Percent Benefit Increase for 2025**

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

Article

### **How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care**

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

## 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](#)



Nov

26

## **Brain Injury Association of Virginia ~ Virtual Support Group**

6:00 - 7:00pm

Statewide

Nov

26

## **Families Anonymous**

6:45 - 8:00pm

Charlottesville Area

Nov

27

## **Memory Cafe ~ Williamsburg**

1:30 - 3:00pm

Peninsula

Dec

2

## **Richmond/Philadelphia PADRECC Virtual Parkinson's Disease Support Group**

1:00 - 2:00pm

Statewide

[View PDF](#)