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Disability Resources

Disability Resources

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Senior Resources

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Veterans Resources

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](#)

Recent VirginiaNavigator Articles

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Article

[Caregiving documentary with Bradley Cooper](#)

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

Source

[PBS](#)

Article

[VA Resources for Older Veterans](#)

Stay independent and connected with your community as you grow older by taking advantage of VA resources so you can age in place in your home.

Source

[VA News](#)

Article

Genworth Cost of Care Survey Tool

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source

Genworth

Article

Veteran Virtual Mental Health Support

Virginia Veteran and Family Support (VVFS) has teamed up with Cabana—a virtual support platform that brings accessible, live mental health and wellness support to military-connected individuals, including service members, veterans, and their families.

Source

[Virginia Department of Veterans Services](#)

Article

SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

Article

File for free with IRS Free File

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

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Community Calendar

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Apr

1

The Good Life Series

11:00am - 12:00pm

Charlottesville Area

Apr

1

TRIAD Meetings, Augusta County

2:30 - 3:30pm

Harrisonburg/Staunton/Lexington

Apr

1

Women Veterans Peer Support Group ~ Virtual

5:00 - 7:00pm

Statewide

Apr

1

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

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