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Disability Resources

Disability Resources

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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.

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Featured Article

[**Walk with Ease Program**](#)

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

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Image



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

[3 New Ways That Medicare Is Supporting Family Caregivers](#)

[EN ESPAÑOL](#)

Family members, often thrust into caregiving with little notice, also must navigate a complex medical system without any training or guidance.

Source

[AARP](#)

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](#)

Article

Make a Plan ~ Emergency Preparedness for Your Family

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Source

[Ready.gov](https://www.ready.gov)

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

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Community Calendar

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Sep
9

[**Fitness Class: Strengthen Your Bones**](#)

6:00 - 7:00pm

Statewide

Sep

10

How-to's of Medical Cannabis

1:00 - 2:30pm

Charlottesville Area

Sep

10

Free Virtual Richmond Brain Tumor Support Group

6:00 - 7:30pm

Statewide

Sep

10

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

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