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Disability Resources

Disability Resources

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- [Health](#)
- [Home](#)
- [Planning](#)
- [Transportation](#)



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- [Aging Well](#)
- [Caregiving](#)
- [Community](#)
- [Financial](#)
- [Housing](#)
- [Legal](#)
- [Transportation](#)



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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.

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Recent VirginiaNavigator Articles

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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.

[Read More](#)

Image



Article

Reduce Your Risk from Respiratory Viruses This Holiday Season

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

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

Road Scholar Program

Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures.

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.

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Community Calendar

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Dec
24

[Brain Injury Association of Virginia ~ Virtual Support Group](#)

6:00 - 7:00pm
Statewide

Dec

24

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Dec

25

Drop In Bereavement Support Groups, 4th Wednesday

9:00 - 10:00am

Charlottesville Area

Dec

31

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

[View PDF](#)