

## Editor's Picks

[Image](#)



### **Staying Active with Adaptive Sports**

Staying active while living with disabilities is important for your health. Physical activity can help you strengthen your heart, muscles, and bones and improve coordination. It also can help you feel better about yourself. Explore adaptive sports and recreation programs.

[Image](#)



### **Virginia Lifespan Respite Voucher Program**

Provides reimbursement vouchers to Virginia caregivers for the cost of temporary, short-term respite care provided to individuals of any age, with a documented disability or medical condition.

[Image](#)



## **National Prescription Drug Take Back Day ~ April 27th**

Remember to dispose of unused or unneeded prescription medications during the DEA National Drug Take Back Day on Saturday, April 27 from 10am to 2pm. Learn more about where you can go to dispose of your medications.

[Image](#)



# Ready

## **Disability Resources for Preparing for an Emergency**

There are people with disabilities of all ages, races, genders or national origin—and disabilities can be both visible and invisible. For people with disabilities and their families, it is important to consider individual circumstances and needs to effectively prepare for emergencies and disasters.

[Image](#)



## **Telephone Tips and Techniques for Accessing Resources**

No matter how much information you find on the Internet, sooner or later you'll have to pick up a telephone to verify the information, find answers to your very specific questions or arrange for the services you need. These tips and techniques can help you get the most out of these telephone conversations,

[Image](#)



The Arc

### **Supporting Daily and Major Life Decisions**

The Arc's Center for Future Planning has created free decision-making resources for people with intellectual and developmental disabilities (IDD).

[Image](#)





## **Navigate and Apply for Assistance Through CommonHelp**

CommonHelp is a quick and easy resource for people who live in Virginia to check the status of their benefits, report changes to their status, and determine eligibility for services.

[Image](#)



## **Mindfulness training can boost heart-healthy eating**

Meditation and other mindfulness training could help people stick to a healthy eating plan. This type of mindfulness training might help people make healthy changes that can reduce hypertension and cardiovascular risks.

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## **About**

## **We're Here to Help You Navigate Your Journey**

Since 2001 VirginiaNavigator and our family of websites has been the trusted nonprofit resource for older adults, people with disabilities, veterans, and their caregivers and families. Search our resource directory of 26,000 programs and services to connect with local, statewide, and national resources to help you navigate your journey. Whether you are an older adult looking for social engagement, a veteran searching for job resources, a person with a disability connecting with reliable transportation, or a caregiver looking for health and wellness support, we're here to help you find the support you need.

## **disAbility Resources**

### **Find Resources for You**

Search for helpful resources to meet your needs. Find articles, books and guides, links, apps, and videos.

### **Find Resources for You**

- [Advocacy](#)
- [Community](#)
- [Family](#)
- [Health](#)
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If we've helped you connect with helpful resources and support, please share your story.

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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](#)

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