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## **What is Ask an Expert?**

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

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## **How Family Caregivers Can Get the Tax Breaks They Deserve**

If you are a family caregiving you could be eligible for certain tax deductions and credits.

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## **Are You Getting Enough Sleep?**

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

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[Centers for Disease Control \(CDC\)](#)

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## **Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents**

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

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[Today's Caregiver](#)

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## **Tips for Organizing a Medical History**

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

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## **The Sandwich Generation**

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members.

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## **10 Tips For Finding The Right Home Care Agency**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

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[Today's Caregiver](#)

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## **Brain Health and Dementia Fact Sheets | Infographics**

The Virginia Department of Health, Department for Aging and Rehabilitative Services, and Dementia Capable Virginia have developed an array of brain health and dementia fact sheets and infographics for consumers and providers.

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[Virginia Department of Health](#)

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## **How to Prevent Cancer or Find It Early**

You can lower your risk of getting many common kinds of cancer by making healthy choices.

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[Centers for Disease Control \(CDC\)](#)

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## **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).

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[The Arc of the United States](#)

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## **How Continuing Care Retirement Communities Work**

Continuing care retirement communities, also known as CCRCs or life plan communities, are a long-term care option for older people who want to stay in the same place through different phases of the aging process.

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[AARP](#)

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# Virginia Association of Centers for Independent Living (VACIL)

A CIL is a consumer-controlled, community-based, cross-disability, nonresidential, private, non-profit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.

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