

## Editor's Picks

[Image](#)



### [Prevent the Flu This Season with Healthy Habits](#)

The best way to prevent the flu is to get vaccinated each year, but healthy habits like avoiding people who are sick, covering your cough, and washing your hands can prevent respiratory illnesses like flu.

[Image](#)



## **Protecting the Privacy and Security of Your Health Information**

Your health information provides personal, often-sensitive details of your life. Protecting the privacy and security of this information protects you from identity theft and potential discrimination.

[Image](#)



*Providing Accessible Telecommunications Since 1991*

## **FAQs About Virginia Relay Services**

The Virginia Relay Service is an important tool for those who are deaf, hard of hearing, blind, deaf-blind or vision impaired. It relays conversations between people

who use specialized telecommunication equipment and people who use standard phones.

[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](#)



## **Can SNAP Food Assistance Benefits Help You?**

If you're having a hard time affording groceries for yourself or your family, the Supplemental Nutrition Assistance Program (SNAP) may be able to help. SNAP helps people stretch their food budgets!

[Image](#)



## [2023 CDC COVID Guidance and Information](#)

Find COVID-19 guidance, information, and resources from the CDC. Learn about the 2023 updates... and the best prevention steps to take!

[Image](#)



## **Emergency Preparedness Resources**

Explore emergency preparedness resources for people with disabilities, caregivers, and first responders created by The University of Cincinnati Center for Excellence in Developmental Disabilities (UCEDD).

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

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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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