

Editor's Picks

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[Use IRS Free File for 2024 Income Taxes](#)

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing, and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

[Image](#)



[Applications Open! Join the VBPD's PIP & LYA Training Programs](#)

Join the upcoming Virginia Board for People with Disabilities's Partners in Policymaking (PIP) and Youth Leadership Academy (YLA) Training Programs. Make a difference!

[Image](#)



NEW ConnectEBT Lock/Unlock Security Feature for SNAP Benefits

The Virginia Department of Social Services (VDSS) has a new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

[Image](#)



[How to Age Successfully with Spinal Cord Injury](#)

Learn about changes you may experience as you age with a spinal cord injury including new health problems and needs for assistance with activities. It's important to be as physically active as possible and to be open to change.

[Image](#)



[Learn about ABLEnow Savings Accounts](#)

ABLEnow provides people with disabilities and their families a way to save money for today's needs or invest for tomorrow. These tax-advantaged accounts allow eligible individuals to save up to \$15,000 a year.

[Image](#)



[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. Explore this one-stop searchable website to help you find resources.

[Image](#)

[ask an expert question](#)

[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.

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

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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](#)

Current and Past Partners

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