

Editor's Picks

[Image](#)



Enjoy Virginia's Accessible State Parks!

Virginia State Parks strive to make each park as barrier-free as possible for the convenience of all Virginians. Explore Virginia's natural area preserves, state forests, state parks and wildlife management areas and enjoy the outdoors.

[Image](#)



SNAP Benefits and Your Local Farmer's Markets

Use your SNAP benefits to shop at local Farmer's Markets. Enjoy fresh healthy produce and gain access to a wide array of local products. You can also save money with Virginia Fresh Match (VFM).

[Image](#)



Staying Socially Connected is Good for Your Health

Social connectedness influences our minds, bodies, and behaviors—all of which influence our health and life expectancy. Research shows that social connectedness can lead to longer life, better health, and improved well-being.

[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.

[Image](#)



Adult Dental Benefits Available Through Medicaid

Dental coverage is now available for adults! Already have a dentist? Learn more about how you can make sure that your provider accepts Medicaid coverage so you can receive quality services at no cost.

[Image](#)



Are You Getting Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Even one night of short sleep can affect you the next day. Learn how much sleep you need and ways to ensure a good night's sleep.

[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.

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.

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If we've helped you connect with helpful resources and support, please share your story.

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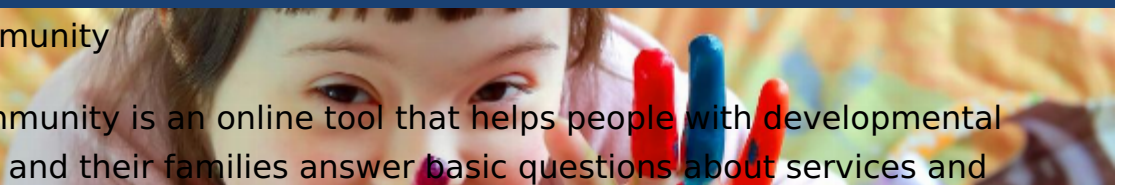
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[My Life My Community](#)

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.

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