

Editor's Picks

[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.

[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](#)



[Learn About Food Assistance Through SNAP](#)

The Supplemental Nutrition Assistance Program (SNAP) provides a monthly benefit to eligible households to supplement the purchase of nutritious foods.

[Image](#)



Stay Safe and Healthy This Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare for power outages and check on young children, older adults, and the chronically ill.

[Image](#)



Social Wellness Toolkit for Your Healthiest Self

Your relationships help you navigate the world. Positive social habits can help you build support systems and stay healthier mentally and physically.

[Image](#)



[Make a Plan ~ Emergency Preparedness for Your Family](#)

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know how you'll contact one another and reconnect if separated.

[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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