

## Editor's Picks

[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](#)



## [Employment Assistance and Accommodations](#)

Learn about employment assistance that is offered by Virginia state agencies for people with disabilities and seniors that may lead to finding the right job or career.

[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](#)



## **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](#)



# VIRGINIA



## [Use SNAP Benefits to Access Fresh Food](#)

Virginia Fresh Match makes fresh fruits and vegetables affordable for SNAP/EBT customers while connecting local farmers with more sales and strengthening food systems.

[Image](#)



## [CDC Flu and COVID Vaccine Recommendations for 2024-2025](#)

The CDC recommends the updated 2024-2025 COVID-19 vaccines and the updated 2024-2025 flu vaccines to protect against severe COVID-19 and flu this fall and winter.

[Image](#)



## [All About Advance Care Planning](#)

Honoring Choices Virginia has a suite of educational materials about advance care planning and related topics. We hope that these resources will help you and those you share them with to “start the conversation!”

[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.

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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](#)
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## **Stay Connected**

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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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