

Find Resources for You

Explore helpful resources including articles, books and guides, links, and videos.



Disability Resources

Disability Resources

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Senior Resources

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Veterans Resources

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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](#)

Recent VirginiaNavigator Articles

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Article

[Caregiving documentary with Bradley Cooper](#)

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

Source

[PBS](#)

Article

[Genworth Cost of Care Survey Tool](#)

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source
Genworth
Article

SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature

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

Source
[Virginia Department of Social Services](#)
Article

File for free with IRS Free File

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.

Source
[Internal Revenue Service](#)
Article

Connecting Virginians with SNAP

The Supplemental Nutrition Assistance Program (SNAP) helps people stretch their food budgets and puts healthy foods within reach.

Source
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Article

Virginia Breeze Bus Lines Achieves Record-Breaking Ridership, Connecting More Virginians in

2024

Virginia Breeze Bus Lines, operated by the Virginia Department of Rail and Public Transportation (DRPT), reached a milestone in 2024 by transporting nearly 65,000 passengers.

Source

[Virginia Department of Rail and Public Transportation](#)

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Community Calendar

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Apr
1

TRIAD Meetings, Augusta County

2:30 - 3:30pm

Harrisonburg/Staunton/Lexington

Apr

1

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Apr

2

Lifetime Learning Institute Northern Virginia (LLI/NOVA) April Forum 2025

10:00 - 11:00am

Northern Virginia

Apr

2

Brain Injury Association of Virginia ~ Virtual Caregiver Support Group

6:00 - 7:00pm

Statewide

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