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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.

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Article

Caregiving Youth Shine

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

Article

Frequently Asked Questions About Palliative Care

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

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 which types of disasters could affect your area.

Source

[Ready.gov](https://www.ready.gov)

Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

Article

AARP Fraud Watch Network Helpline

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](https://www.aarp.org)

Article

Disability and Health Healthy Living

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

Source

[Centers for Disease Control \(CDC\)](https://www.cdc.gov)

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Community Calendar

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Oct
7

[Richmond/Philadelphia PADRECC Virtual Parkinson's Disease Support Group](#)

1:00 - 2:00pm

Statewide

Oct
8

Free Virtual Richmond Brain Tumor Support Group

6:00 - 7:30pm

Statewide

Oct

8

Families Anonymous

6:45 - 8:00pm

Charlottesville Area

Oct

9

Drop In Bereavement Support Group, 2nd Wednesday

9:00 - 10:00am

Charlottesville Area

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