

# Find Resources for You

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



## Disability Resources

## Disability Resources

- [Advocacy](#)
- [Community](#)
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## Senior Resources

## Senior Resources

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## Veterans Resources

## 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

### [Partners in Policymaking and Youth Leadership Academy Training Programs](#)

**Virginia Board for People with Disabilities - Applications Now Open!!**

**Join Our Next Partners in Policymaking & Youth Leadership Academy Training Programs**

Are you looking for a chance to grow in the new year? Do you want to make a difference for yourself, your family and your community?

The VBPD is now recruiting for Partners in Policymaking (PIP) and Youth Leadership Academy (YLA)! Learn more about two of our flagship training programs and click to apply below.

Source

Article

## [\*\*Reduce Your Risk from Respiratory Viruses This Holiday Season\*\*](#)

Each year, the CDC anticipates peaks of respiratory disease activity from December to February. Learn more about how to reduce your risk.

Source

Centers for Disease Control (CDC)

Article

## [\*\*VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene\*\*](#)

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

## [\*\*Healthy, Thrifty Holiday Meals\*\*](#)

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Article

## [\*\*Social Security Announces 2.5 Percent Benefit Increase for 2025\*\*](#)

The Social Security Administration has announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025.

Source

[Social Security Administration](#)

Article

## **How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care**

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents – and other kin caregivers – all year long.

Source

[Generations United](#)

## **Sign Up for E-News**

Stay informed through our e-newsletters – timely and relevant information delivered right to your inbox.

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## **Community Calendar**

[Find events near you](#)



Jan  
15

## **Online Parkinson's Cafe**

10:00 - 11:00am

Statewide

Jan  
15

## **Memory Cafe ~ Yorktown**

1:30 - 3:00pm

Peninsula

Jan  
16

## **2025 Series of Elder Abuse Trainings**

10:00 - 11:00am

Southwest Virginia

Jan  
16

## **Caring for the Caregiver**

1:00 - 2:00pm

Statewide

[View PDF](#)