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Articles

[**Center for Future Planning**](#)

Future planning is important for all families. Thinking about the future can be challenging and emotional. However, experience shows that adults with I/DD make a better transition from the family home when a future plan is in place.

Source

[The Arc of the United States](#)

Recent Community Articles

Recent Community Articles

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

Job Accommodation Network (JAN) Situations and Solutions Finder

The Situations and Solutions Finder draws on information collected from JAN customers who choose to provide feedback about workplace accommodations.

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

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.

Source

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Article

[Tips for Organizing a Medical History](#)

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

Source

[Today's Caregiver](#)

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