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[Community Best Practices and State Plans](#)

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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](#)

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Recent Community Articles

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](#)

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 \(CDC\)](#)

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](#)

Article

Supporting Daily and Major Life Decisions

The Arc's Center for Future Planning has created free decision-making resources for people with intellectual and developmental disabilities (IDD) to help them with daily and major life decisions. This can include decisions about buying things they need, managing a budget, and talking with doctors about their health care.

Source

[The Arc of the United States](#)

Article

[Virginia Association of Centers for Independent Living \(VACIL\)](#)

A CIL is a consumer-controlled, community-based, cross-disability, nonresidential, private, non-profit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.

More for You

Features

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Staying Connected

- [Community Services Boards \(CSBs\) in Virginia](#)
- [Virginia Board for People with Disabilities](#)
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