

## Explore Community Topics

[Community Resources](#)

[Individual Supports](#)

[Community Best Practices and State Plans](#)

## Explore Community Resources

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

## Recent Community Articles

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).

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.

Article

## **Tornadoes**

Be prepared! Tornadoes may strike quickly, with little to no warning, causing extensive damage to structures and disrupting transportation, power, water, gas, communications and other services in their direct path and in neighboring areas.

Source

[Virginia Department of Emergency Management](#)

## More for You

### Features

- [Ask an Expert](#)

### Staying Connected

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

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