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[Achieving a Better Life Experience \(ABLE\)](#)

ABLE or ABLEnow is a nationally qualified ABLE savings program offered nationally by the Commonwealth of Virginia. ABLEnow accounts give qualified and enrolled individuals the opportunity to invest and grow savings tax-free, without endangering eligibility for most means-tested benefits.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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[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

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

How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

Source

[AARP](#)

Article

Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

Source

[Today's Caregiver](#)

Article

Dealing With Grief During the Holiday Season

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

Source

[AARP](#)

Article

How to Interact with Someone Who Has a Disability

Learn appropriate ways to interacting with someone who has a disability and how to help them if needed.

Source

[Sheltering Arms](#)

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