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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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[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](#)

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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](#)

Article

Social Security Benefits Increase in 2024

Approximately 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024.

Source

[Social Security Administration](#)

Article

Virginia Medicaid Coverage for Adults

Medicaid has health coverage programs for adults in Virginia who qualify. There are no enrollment costs and no monthly premiums for adults between 19-64 years old who qualify.

Source

[Cover Virginia](#)

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