

Disabilities and Health Conditions

Would you like to learn more about specific health conditions and disabilities? Learn more about various health conditions, disabilities, community supports, treatment options and resources, and health and disability services.



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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

Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Books & Guides

You Can BREAKFREE from Tobacco

The Virginia Department of Health (VDH) Quit Now Virginia program has created a BREAKFREE guide to help you develop a plan to quit and prepare for what to expect, how to be successful and how to prevent relapse.

For more information:

[BREAKFREE](#)

Source

[Virginia Department of Health](#)

Links

Well Beings ~ Films and Series

Source

[Well Beings ~ Films and Series](#)

Books & Guides

Paralysis Resource Guide 2023

The Paralysis Resource Guide was created by the Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC), offers comprehensive information and connections.

Source

[Christopher & Dana Reeve Foundation](#)

Article

Disability and Health Healthy Living

People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.

Source

[Centers for Disease Control \(CDC\)](#)

Links

Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers

Source

[Start Your Recovery ~ Virginia Drug and Alcohol Rehab Centers](#)

Article

Mindfulness training can boost heart-healthy eating

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

The Dental / Kidney Disease Connection

Good dental care is important for everyone, but especially for people with kidney disease. What might be a minor infection for a healthy person could be a major problem for someone with kidney disease.

Source

[National Kidney Foundation](#)

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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