

Community resources offer programs and services to assist you with specific needs. Find valuable information on community services boards, area agencies on aging, social services, public schools, emergency preparedness, information and referral, ombudsman, transportation, and more.



[View PDF](#)

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](#)

Books & Guides

Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

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.
Books & Guides

Virginia Hurricane Evacuation Guide

The 2023 Virginia Hurricane Evacuation Guide is an essential resource for families and communities.

Hurricanes are severe tropical storms, massive storm systems, that form over the open water in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico and in the eastern Pacific Ocean. Each year, many coastal communities experience threats from hurricanes including heavy rains, strong winds, rip currents, floods and coastal storm surges from tropical storms and hurricanes.

A hurricane may spawn tornadoes. Torrential rains cause further damage by causing floods and landslides, which not only threaten coastal communities but may impact communities many miles inland. The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October.

Source

[Virginia Department of Emergency Management](#)

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](#)

Links

Emergency Kit List from the Virginia Department of Emergency Management

Source

[Emergency Kit List from the Virginia Department of Emergency Management](#)

Article

Hurricanes: Preparedness and Evacuation

Important information about hurricane preparedness and evacuation guidance.

Source

[Virginia Department of Emergency Management](#)

Links

Health Trends Newsletter from DBHDS Office of Integrated Health

Source

[Health Trends Newsletter from DBHDS Office of Integrated Health](#)

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