

It's important to assess your legal and estate needs and to take time to plan for your future needs and for your family. This section can assist you with relevant articles and resources including information on Able accounts, health and medical directives, guardianship and substitute decision-making, power of attorney options, as well as trusts, wills, and estate planning.



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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](#)

Books & Guides

Conversation Starter Guide: For Caregivers of People with Alzheimer's or Other Forms of Dementia

The Conversation Starter Guide called For Caregivers of People with Alzheimer's or Other Forms of Dementia will help you and your family to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

The Conversation Project has additional Conversation Starter Guides available on related topics to help you have "the conversation" with the important people in your life about future health care needs including end-of-life care.

Source

[The Conversation Project](#)

Links

Cake: Funeral and End-of-Life Platform and Tools

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

Article

Virtual Advance Care Planning Conversations from Honoring Choices Virginia

Find out about Honoring Choices Virginia's Virtual Advance Care Planning Conversations.

Source

[Honoring Choices® Virginia](#)

Article

PEATC Special Education Resources

Explore PEATC's factsheets and resource documents on important topics related to special education and transition to adulthood.

Source

[Parent Educational Advocacy Training Center \(PEATC\)](#)

Links

Autism Grown Up Resource Center

Source

[Autism Grown Up Resource Center](#)

Links

Autism Webinars (Autism Society of North Carolina)

Source

[Autism Webinars \(Autism Society of North Carolina\)](#)

Links

[Autism Toolkits \(Autism Society of North Carolina\)](#)

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[Autism Toolkits \(Autism Society of North Carolina\)](#)

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