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Disability Resources

Disability Resources

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Senior Resources

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Veterans Resources

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My Life, My Community

My Life, My Community is an online tool that helps people with developmental disabilities (DD) and their families answer basic questions about services and supports.

[Learn More](#)

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Featured Article

[**Walk with Ease Program**](#)

The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit.

[Read More](#)

Image



Article

Caregiving documentary with Bradley Cooper

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

Source

[PBS](#)

Article

Public Comment Period for Draft Amendments to the DARS State Plan for Aging Services

The Virginia Department for Aging and Rehabilitative Services has released draft amendments to the State Plan for Aging Services to align it with updated federal

Older Americans Act regulations. There is a Public Comment Period from March 24 to April 23, 2025. Comments can be submitted online, via email, mail, or fax.

Source

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

Article

Genworth Cost of Care Survey Tool

Using the Cost of Care Survey tool, you and your family can calculate the cost of long-term care now and in the future. The cost of care varies based on care setting, geographic location of care, and the level of care required.

Source

Genworth

Article

SNAP Benefits ~ ConnectEBT Lock/Unlock Security Feature

Learn about the Virginia Department of Social Services (VDSS) new card lock/unlock security feature to protect Supplemental Nutrition Assistance Program (SNAP) benefits.

Source

[Virginia Department of Social Services](#)

Article

Cognitive Wellness in Aging: An Introduction to Normal Cognitive Aging

It is important to understand how thinking changes with age under usual circumstances—and what might be a sign that something more is taking place.

Source

[SundayHealth](#)

File for free with IRS Free File

IRS Free File lets qualified taxpayers get free tax preparation, electronic filing and direct deposit of their federal tax refund, if they're owed one, using guided tax preparation software.

Source

[Internal Revenue Service](#)

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Community Calendar

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Apr
18

Lunch and Learn

11:00am - 12:30pm
Roanoke Valley
Apr
21

Virtual PADRECC Support Group for Caregivers

10:00 - 11:00am
Statewide
Apr
21

Brain Injury Association of Virginia ~ In-Person Support Group

6:00 - 7:00pm
Richmond Area
Apr
22

Brain Injury Association of Virginia ~ Virtual Support Group

6:00 - 7:00pm
Statewide
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