Find Resources for You

Explore helpful resources including articles, books and guides, links, and videos.



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Disability Resources

- Advocacy
- Community
- Family
- <u>Health</u>
- Home
- Planning
- Transportation



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Senior Resources

- Aging Well
- Caregiving
- Community
- Financial
- Housing
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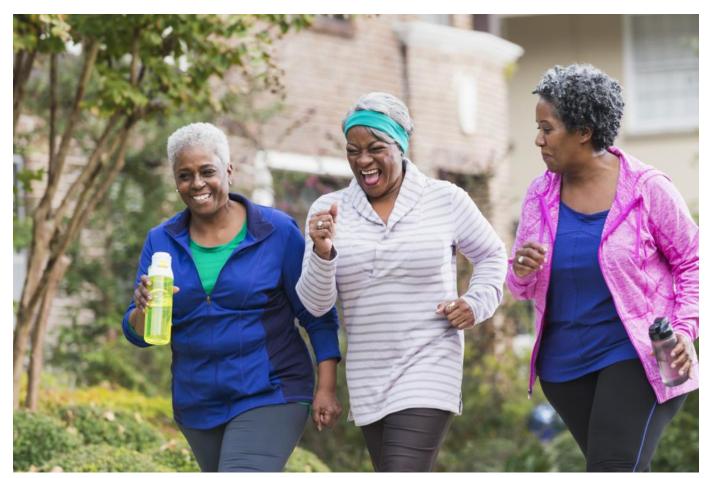
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Walk with Ease Program

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.

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Article

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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.

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Virginia Assisted Living Finder

Need help understanding and simplifying assisted living options? There's an array of senior living options across Virginia that cater to different needs. The Virginia Assisted Living Finder includes housing resources and FAQS on housing topics to help guide you and your family.

Source

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If you are a family caregiving you could be eligible for certain tax deductions and credits.

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AARP

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Centers for Disease Control (CDC)

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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.

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Today's Caregiver

Article

Geriatric Care Managers Advocate for Older Adults — and Their Caregivers

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private

advocates and guides for family members who want to ensure their loved one receives good care.

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<u>AARP</u>

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May

2

Hearing Screenings

10:00am - 12:00pm

Charlottesville Area May 2

Law Days, Voices of Democracy ~ Gate City

10:00am - 3:00pm Southwest Virginia May 2

Solo Wise: A Roadmap for Fearless Solo Aging

12:00 - 1:00pm Statewide May 2

Autism Questions, Answered

1:00 - 3:00pm Charlottesville Area View PDF