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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.

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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.

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Image



Article

[How Family Caregivers Can Get the Tax Breaks They Deserve](#)

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

Source

[AARP](#)

Article

[Are You Getting Enough Sleep?](#)

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

Source

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

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

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.

Source

[AARP](#)

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](#)

Article

The Sandwich Generation

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members.

Source

[Today's Caregiver](#)

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Apr
22

[Medicare Appeals: What to Do When You are Denied Care Under Medicare](#)

12:00 - 1:00pm
Statewide

Apr
23

Virginia's Farm Market Fresh for Seniors

All day
Danville/Martinsville Area
Apr
23

Parkinson's Disease: Management of Non-Motor Symptoms ~ Virtual Parkinson's Support Group

10:00 - 11:30am
Statewide
Apr
23

10 Warning Signs of Alzheimer's

12:00 - 1:00pm
Danville/Martinsville Area
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