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## **Welcome to the Virginia Family Caregiver Solution Center - Resources for Respite Across the Lifespan**

The Virginia Family Caregiver Solution Center provides respite resources for caregivers - parents of children with disabilities and adults with disabilities, as well as for caregivers of older adults. You will find services in your community, as well as educational information - to help you stay emotionally and physically healthy. Please know that you are not alone and taking regular respite will help you be a better caregiver.

### **List of Caregiver Items**

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## VirginiaNavigator

The mission of the VirginiaNavigator Family of Websites is to provide free health and community support information and guidance to seniors, caregivers, adults with disabilities, and their families while supporting independence, dignity, and quality of life.

[Image](#)



## The Virginia Caregiver Coalition

Founded in 2004, the Virginia Caregiver Coalition (VCC) is a volunteer group composed of over 120 active and consulting members from public, private and non-profit organizations and individual caregivers. The VCC is dedicated to improving the caregiving experience through education, advocacy and resource accessibility so that caregivers are valued and supported.

[Image](#)



## [ARCH National Respite Network and Resource Center](#)

The mission of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

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