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## **AARP Care Guides Take the Stress out of Family Caregiving**

[En español](#)

### **Family Caregiving**

Being a family caregiver is one of the most important jobs you'll ever have—and one of the most challenging. The role can be frustrating, satisfying, exhausting, joyful, thankless and everything in between. That's why we've put together these targeted, easy-to-use guides to help you find support, make tough decisions and handle conflict during your caregiving journey. Whether it's your first time being a caregiver or you're a pro; caring from afar or in your own home – AARP has you covered with resources and tips for people like you!

### **Explore AARP's Caregiver Guides**

[Help for First-Time Caregivers](#)

[Help Caring for a Loved One at Home](#)

[Help for Common Caregiving Conflicts](#)

[Help for Long-Distance Caregivers](#)

[Help Caring for a Loved One with Dementia](#)

[Help Caring for a Loved One with Cancer](#)

⇒ For more information, go to [AARP Family Caregiving](#)

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**AARP** was founded in 1958 and has over 38 million members. It is a nonprofit, nonpartisan organization for people over the age of 50. AARP is well-known for its advocacy efforts, providing its members with important information, products and services that enhance quality of life as they age. They also promote community service and keep members and the public informed on issues relating to the over 50 age group.

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