

Support groups, services, and programs that alleviate caregiver burden.

Article

3 New Ways That Medicare Is Supporting Family Caregivers

[EN ESPAÑOL](#)

Family members, often thrust into caregiving with little notice, also must navigate a complex medical system without any training or guidance.

Source

[AARP](#)

Article

Caregiving Youth Shine

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

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. While the Sandwich Generation is not a new form of family caregiving, there have been recent efforts to address the needs of these caregivers.

Source

[Today's Caregiver](#)

Article

Keeping Your Marriage Strong While Caring for a Parent

Overcome the challenges of caring for a parent while keeping your marriage strong. Learn to set boundaries and enlist some extra help.

Source

[AARP](#)

Article

How to Have the ‘You May Need Help’ Conversation

It can be challenging engage in family conversations when a family member needs help. Learn how to approach these discussions.

Source

[Today's Caregiver](#)

Links

Support Caregiving

A new, first-of-its-kind National Strategy to Support Family Caregivers provides hundreds of actions that federal, state, and local governments, businesses, and communities can take to support caregivers.

Source

[Support Caregiving](#)

Article

Family Caregivers: Information on the Family and Medical Leave Act

When you need to take time off from work to care for a family member, the Family and Medical Leave Act is here to help.

Source

[U.S. Department of Labor](#)

Article

Can I Get Paid to Be a Caregiver for a Family Member?

There are programs to help alleviate the financial burden of family caregiving.

Source

[AARP](#)

Article

Caregiver Tip Sheets from HealthinAging.org

HealthinAging.org provides caregiver tip sheets on a variety of topics.

Source

[HealthinAging.org](#)

Links

Today's Caregiver Friendly Awards 2023

Source

[Today's Caregiver Friendly Awards 2023](#)

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