

## [Caregiver Support](#)

Caring for a family member with Alzheimer’s disease or Dementia can be very difficult and may mean you need ongoing support. Helpful articles in this section address topics such as understanding dementia, dealing with caregiving isolation, and taking care of yourself.

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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

## [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](#)

Books & Guides

## **Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers**

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

Links

## **Alzheimer's Association Caregiving Resources**

Source

[Alzheimer's Association Caregiving Resources](#)

Books & Guides

## **AARP Family Caregiving Guide**

The Family Caregiving Guide is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need.

Source

[AARP](#)

Links

## **Family First Virginia - Kinship Navigator Programs**

Source

[Family First Virginia - Kinship Navigator Programs](#)

Links

## **Family First Virginia**

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[Family First Virginia](#)

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](#)

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