

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.

[View PDF](#)

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](#)

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](#)

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](#)

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