

## **Caregiver Support**

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

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](#)

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](#)

Links

## **Today's Caregiver Friendly Awards 2022**

Source

[Today's Caregiver Friendly Awards 2022](#)

Links

## **Care Calendar for Meals, Rides, Visits, Errands, and More**

Source

[Care Calendar for Meals, Rides, Visits, Errands, and More](#)

Links

## **SAGE: Advocacy and Services for LGBT Elders**

Source

[SAGE: Advocacy and Services for LGBT Elders](#)

Article

## **The "Typical" LGBTQ Caregiver**

[The "Typical" LGBTQ Caregiver](#) fact sheet from National Alliance for Caregiving (NAC) and AARP provides information about LGBTQ caregivers and their needs for information, resources, and services.

Source

[National Alliance for Caregiving](#)

Books & Guides

## **Caregiving in the LGBT Community**

[Caregiving in the LGBT Community](#) provides a guide to engaging and supporting LGBT caregivers through programming.

Source

## **Taking Care: A Resource Guide for Caregivers**

Taking Care: A Resource Guide for Caregivers was created by the Virginia Caregiver Coalition (VCC). Recognizing that every caregiving situation is unique, this comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

## **Celebrating Our Communities' Caregivers**

November is National Family Caregivers Month—a time to recognize, celebrate and support America's 53 million family caregivers. This month find ways to support the caregivers in your life and community.

Source

[Family Caregiver Alliance](#)

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