

Caring for your loved one is a life-changing journey that involves both joyful and challenging moments. Finding valuable resources and services for you and your family can make all the difference!



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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

10 Tips For Finding The Right Home Care Agency

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

Source

[Today's Caregiver](#)

Links

Dementia Capable Virginia ~ Resources

Source

[Dementia Capable Virginia ~ Resources](#)

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](#)

Apps

Life360: Location Tracker

Find family and friends with the Life360 phone location tracker app. Experience lo

Source

[Life360: Location Tracker](#)

Links

Alzheimer's Association Caregiving Resources

Source

[Alzheimer's Association Caregiving Resources](#)

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](#)

Article

How Continuing Care Retirement Communities Work

Continuing care retirement communities, also known as CCRCs or life plan communities, are a long-term care option for older people who want to stay in the same place through different phases of the aging process.

Source

[AARP](#)

Article

Sharing Your Family Story

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Links

Family First Virginia - Kinship Navigator Programs

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

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