

## **Family**

As your family cares for and supports your child, teen, or adult with a disability, it's important to understand family dynamics and caregiving roles. Engaging in ongoing and clear communication helps all family members along the journey. Explore articles and resources to help your family navigate services and supports to meet everyone's needs.



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Article

## **Dealing With Grief During the Holiday Season**

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

Source

[AARP](#)

Article

## **988 Suicide and Crisis Lifeline**

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Source

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Links

## **988 Suicide and Crisis Lifeline**

Anyone could be struggling with suicide. 988 Suicide and Crisis Lifeline has resources for individuals with neurodivergence, maternal mental health, youth, disaster survivors, Native American/Indian/Indigenous/Alaska Natives, Veterans, loss survivors, LGBTQI+, attempt survivors, and those who are deaf or have hearing loss.

Source

[988 Suicide and Crisis Lifeline](#)

Links

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

Source

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

Article

## **Respite and the Faith Community ~ Fact Sheet**

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

## **Adult Day Services and Respite ~ Fact Sheet**

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Links

## **Cake: Funeral and End-of-Life Platform and Tools**

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

Books & Guides

## **The Circle of Care Guidebook for Caregivers of Children With Rare and/or Serious Illnesses**

The [Circle of Care Guidebook](#) is intended to help Caregivers navigate through the varied experiences and challenges of rare and serious medical conditions, guided by the insights, achievements, and learnings of other caregivers and experts. The extensive array of topics covered in this Guidebook (nearly 100) underscores the many aspects of life and care that are impacted when caring for a child with a rare disease. Fortunately, there are a wide variety of helpful resources and organizations available to support and direct Caregivers, many of which are also highlighted in this document.

Source

[National Alliance for Caregiving](#)

Links

# **My Life My Community (MLMC): Resources for Families**

Source

[My Life My Community \(MLMC\): Resources for Families](#)

Article

## **What is Depression?**

Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act. Fortunately, it is also treatable.

Source

[American Psychiatric Association](#)

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