

## Explore Family Topics

[Caregiving](#)

[Family Support](#)

## Explore Family Resources

Articles

### [Virginia Lifespan Respite Voucher Program](#)

The Virginia Lifespan Respite Voucher Program provides reimbursement vouchers to Virginia caregivers for the cost of short-term respite care provided to individuals, of any age, with a documented disability or special need.

Source

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

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## Recent Family Articles

## Recent Family Articles

Article

### [Caregiving Youth Shine](#)

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

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 \(SAMHSA\)](#)

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](#)

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](#)

## More for You

### Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)

### Staying Connected

- [Parent Educational Advocacy Training Center \(PEATC\)](#)
- [Virginia Family Caregiver Solution Center](#)
- [Veterans Caregiver Resource Page](#)

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