

Caregiver Classes

Programs that provide training on care-related activities for families and home-based caregivers.

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](#)

Videos

Fast-Forward: Explore your aging and look into your family's future...

If you could see your family's future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves.

Source

[PBS](#)

Article

Telephone Tips and Techniques for Accessing Resources

Here are some tips and techniques for getting the most out of telephone conversations to verify information, find answers to questions, or arrange for services.

Source

[Caregiver Action Network](#)

Article

Caregiving 101: On Being a Caregiver

Caregiving has many challenges and also many rewards. This article covers important topics for caregivers.

Source

[Family Caregiver Alliance](#)

Links

Family Caregiver Alliance

Source

[Family Caregiver Alliance](#)

Article

Virginia Caregiver Coalition (VCC)

The Virginia Caregiver Coalition (VCC) mission is to work passionately to improve the experience of caregiving through education, advocacy and access to resources.

Source

[DARS Office for Aging Services, Division of Community Living](#)

Article

Holding a Family Meeting

Achieving consensus among family members about a relative's care can be invaluable to everyone in the family. Find out how to run a family meeting and what makes them effective.

Source

[Family Caregiver Alliance](#)

Article

Activities of Daily Living: Tips for the Family Caregiver

These tips will help new family caregivers understand the importance of Activities of Daily Living (ADLs) in the lives of their care recipients.

Source

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