

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

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Links

SAGE: Advocacy and Services for LGBT Elders

Source

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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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