

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

## **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

## **Frequently Asked Questions About Palliative Care**

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **The DICE Approach Online Training Program**

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Books & Guides

## **Finding a Good Fit: Tips on Hiring Rural Personal Assistants**

Learn how to find and hire a personal assistant that can meet your needs.

Source

[UM Rural Institute on Inclusive Communities](#)

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. While the Sandwich Generation is not a new form of family caregiving, there have been recent efforts to address the needs of these caregivers.

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. Experienc

Source

[Life360: Location Tracker](#)

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