

Caring for your family member with a disability 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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## **PODCAST: Healing Ties**

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## **PODCAST: Daughterhood for Caregivers**

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## **PODCAST: Confessions of a Reluctant Caregiver**

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## **Well Beings ~ Films and Series**

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[Well Beings ~ Films and Series](#)

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

## **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.

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[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 2023**

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[Today's Caregiver Friendly Awards 2023](#)

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](#)

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