

## Caregiving

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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## Caregiving documentary with Bradley Cooper

Caregiving is a two-hour documentary centered on the personal experiences of caregivers providing for loved ones, and the challenges and triumph they face each day.

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[PBS](#)

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## **PODCAST: Healing Ties**

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## **PODCAST: Happy Healthy Caregiver**

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## **PODCAST: Daughterhood for Caregivers**

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

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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](#)

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## **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.

Source

[American Association of Caregiving Youth: AACY](#)

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 \(SAMHSA\)](#)

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## **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](#)

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## **Today's Caregiver Friendly Awards 2023**

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

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