

You may need family support to address parenting concerns or the needs of siblings or other family members. Many parents find support groups helpful to network with other families and find helpful parenting resources. Respite care services can provide a temporary break from caregiving and reduce stress. Explore family support services and resources in your community.



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Article

Dealing With Grief During the Holiday Season

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow. Here are 9 things to help you get through this difficult time.

Source

[AARP](#)

Article

Respite and the Faith Community ~ Fact Sheet

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

Adult Day Services and Respite ~ Fact Sheet

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

Links

Cake: Funeral and End-of-Life Platform and Tools

Source

[Cake: Funeral and End-of-Life Platform and Tools](#)

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](#)

Links

My Life My Community (MLMC): Resources for Families

Source

[My Life My Community \(MLMC\): Resources for Families](#)

Links

American Camp Association: Find a Camp

Source

[American Camp Association: Find a Camp](#)

Books & Guides

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](#)

Links

Getting Started: Special Education Guide

Source

[Getting Started: Special Education Guide](#)

Books & Guides

Big Red Safety Toolkit

The Big Red Safety Toolkit from the National Autism Association can help parents and caregivers of someone with Autism Spectrum Disorder (ASD) who is prone to wandering off from a safe environment, and whose diagnosis may interfere with their ability to recognize danger and/or stay safe.

Source

[National Autism Association](#)

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Page 5](#)
- [Page 6](#)
- [Next page >>](#)
- [Last page Last >](#)

Showing 1-10 of 59 Results