

[Families and Caregiving](#)

Caregiving involves the whole family and understanding family dynamics and interactions. Engaging in ongoing and clear communication helps all family members along the journey. Explore articles and resources on strengthening communication and having important family conversations.



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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

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](#)

Links

Family First Virginia - Kinship Navigator Programs

Source

[Family First Virginia - Kinship Navigator Programs](#)

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Books & Guides

Generations United: 2022 Grandfamilies Report

The 2022 State of Grandfamilies Report - Together at the Table: Supporting the Nutrition, Health, and Well-Being of Grandfamilies includes the latest findings on grandfamilies facing high rates of hunger and food insecurity.

Source

[Generations United](#)

Links

Virginia Kinship Navigator Programs

Source

[Virginia Kinship Navigator Programs](#)

Links

Kinship Care: Virginia Department of Social Services (VDSS)

Source

[Kinship Care: Virginia Department of Social Services \(VDSS\)](#)

Links

SAGE: Advocacy and Services for LGBT Elders

Source

[SAGE: Advocacy and Services for LGBT Elders](#)

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

[SAGE: Advocacy and Services for LGBT Elders](#)

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