

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

## **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.

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[Today's Caregiver](#)

Links

## **Family First Virginia - Kinship Navigator Programs**

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[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**

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[Virginia Kinship Navigator Programs](#)

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## **Kinship Care: Virginia Department of Social Services (VDSS)**

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

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## **SAGE: Advocacy and Services for LGBT Elders**

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[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](#)

Article

## [Special Concerns of LGBT Caregivers](#)

While many issues are the same for all caregivers, some unique considerations arise for lesbian, gay, bisexual, and transgender (LGBT) people dealing with aging.

Source

[Family Caregiver Alliance](#)

### **Pagination**

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

- [Last page Last »](#)

Showing 1-10 of 36 Results