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Article

[3 New Ways That Medicare Is Supporting Family Caregivers](#)

[EN ESPAÑOL](#)

Family members, often thrust into caregiving with little notice, also must navigate a complex medical system without any training or guidance.

Source

[AARP](#)

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

[Frequently Asked Questions About Palliative Care](#)

Planning for care during a serious illness can be challenging. Palliative care is an option that can help patients and their families. To learn more, explore answers to frequently asked questions about palliative care below.

Source

[National Institute on Aging](#)

Article

Make a Plan ~ Emergency Preparedness for Your Family

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Source

[Ready.gov](#)

Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

AARP Fraud Watch Network Helpline

AARP's Fraud Watch Network™ Helpline is a free resource for AARP members and nonmembers alike. Trained fraud specialists and volunteers field thousands of calls each month. Get guidance you can trust, free of judgment.

Source

[AARP](#)

Article

SUN Bucks (Summer EBT)

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

Source

[Department of Social Services](#)

Article

Your Healthiest Self ~ Social Wellness Toolkit

Throughout your life positive social habits can help you build supports systems and stay healthier mentally and physically.

Source

[National Institutes of Health](#)

Article

AARP Livability Fact Sheets: The Complete Collection

The Livability Fact Sheets were created in partnership by AARP Livable Communities and the Walkable and Livable Communities Institute with a shared goal of helping local communities become safer, healthier, more walkable and more livable for people of all ages.

Source

[AARP](#)

Article

The DICE Approach Online Training Program

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Article

Virginia Academy of Elder Law Attorneys (VAELA) Resources

Learn about the resources and information offered from the Virginia Academy of Elder Law Attorneys (VAELA).

Article

What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

Source

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