

Explore Caregiving Topics

[Alzheimer's and Dementia](#)

[Caregiving Basics](#)

[Long Term Care](#)

[Caregiver Health](#)

[Technology and Tools](#)

[Families and Caregiving](#)

Explore Caregiving Resources

Articles

[**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](#)

Recent Caregiving Articles

Recent Caregiving Articles

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

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

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

Geriatric Care Managers Advocate for Older Adults — and Their Caregivers

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private advocates and guides for family members who want to ensure their loved one receives good care.

Source

[AARP](#)

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](#)

More for You

Features

- [Ask an Expert](#)
- [Caregiver Tech Tool Finder](#)
- [Virginia Long Term Services and Supports \(LTSS\) Finder](#)
- [Lindsay Institute for Innovations in Caregiving](#)
- [Veterans Caregiver Resource Page](#)
- [Virginia Family Caregiver Solution Center](#)

Staying Connected

- [Social Engagement Tools and Resources](#)
- [AgingCare Caregiver Forum](#)
- [Podcast: Daughterhood](#)
- [Podcast: Happy Healthy Caregiver](#)
- [Podcast: Healing Ties](#)

Caregiver Highlights

- [AARP Celebrates Family Caregivers](#)
- [AARP Family Caregiver Resources for Virginia](#)

- [Caregiver Self-Assessment Questionnaire](#)
- [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving](#)
- [10 Tips for Family Caregivers - Caregiver Action Network](#)

[View PDF](#)