

## Explore Caregiving Topics

[Alzheimer's and Dementia](#)

[Caregiving Basics](#)

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[Families and Caregiving](#)

## Explore Caregiving Resources

Articles

### [\*\*Caregiver's Checklist for Doctor's Office Visits\*\*](#)

As a caregiver, there are many competing priorities including medical appointments for yourself and your loved ones. This checklist can help you prepare for your own or your loved one's dental and medical visits.

Source

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## Recent Caregiving Articles

### Recent Caregiving Articles

Article

### [\*\*How Relative/Kin Caregivers Can Access Services and Advocate for Native Children in Their Care\*\*](#)

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

Article

## **6 Great Things About Kinship/Grandfamilies**

When children cannot remain in their parents' care, research shows they do best with grandparents or other kin caring for them. Here are 6 reasons we celebrate grandparents - and other kin caregivers - all year long.

Source

[Generations United](#)

Article

## **3 New Ways That Medicare Is Supporting Family Caregivers**

Family caregivers are often thrust into caregiving with little notice and can find themselves navigating a complex medical system without any training or guidance. Explore new ways that Medicare is supporting family caregivers.

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.

Source

[American Association of Caregiving Youth: AACY](#)

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 \(CDC\)](#)

## **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: Confessions of a Reluctant Caregiver](#)

- [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](#)

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