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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](#)

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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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