

Are you looking for resources to help you care for someone with Alzheimer's disease or Dementia? Coping with Alzheimer's/Dementia is a growing concern for seniors and the families who care for them. Over the next eight years, the number of Virginians with Alzheimer's disease will swell by nearly 36 percent, to about 190,000, according to the Alzheimer's Association (2017). Find valuable information on dementia, family and caregiver support, and living with dementia.



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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.

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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

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.

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[Today's Caregiver](#)

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Keeping Your Marriage Strong While Caring for a Parent

Overcome the challenges of caring for a parent while keeping your marriage strong. Learn to set boundaries and enlist some extra help.

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