

Caregiver Health

As a caregiver, it's important to be sure you stay healthy so you can support your loved one. If you are looking for resources to help you in your caregiving roles, explore information about balancing work and caregiving, caregiver loss, coping with depression, respite care, and stress and time management.

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Working Daughter: The leading resource for women balancing caregiving, career, and life

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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](#)

Article

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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[AARP](#)

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Support Caregiving

A new, first-of-its-kind National Strategy to Support Family Caregivers provides hundreds of actions that federal, state, and local governments, businesses, and communities can take to support caregivers.

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[Support Caregiving](#)

Article

Family Caregivers: Information on the Family and Medical Leave Act

When you need to take time off from work to care for a family member, the Family and Medical Leave Act is here to help.

Source

[U.S. Department of Labor](#)

Article

Caregiver Tip Sheets from HealthinAging.org

HealthinAging.org provides caregiver tip sheets on a variety of topics.

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