

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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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.

Source

[AARP](#)

Links

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.

Source

[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.

Source

[HealthinAging.org](#)

Article

988 Suicide and Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Source

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Links

988 Suicide and Crisis Lifeline

Anyone could be struggling with suicide. 988 Suicide and Crisis Lifeline has resources for individuals with neurodivergence, maternal mental health, youth,

disaster survivors, Native American/Indian/Indigenous/Alaska Natives, Veterans, loss survivors, LGBTQI+, attempt survivors, and those who are deaf or have hearing loss.

Source

[988 Suicide and Crisis Lifeline](#)

Links

Today's Caregiver Friendly Awards 2023

Source

[Today's Caregiver Friendly Awards 2023](#)

Article

Respite and the Faith Community ~ Fact Sheet

The ARCH National Respite Network and Resource Center's fact sheet on Respite and the Faith Community provides information on how faith communities can provide or support respite services.

Source

[ARCH National Respite Network and Resource Center](#)

Article

Adult Day Services and Respite ~ Fact Sheet

The ARCH National Respite Network and Resource Center fact sheet on Adult Day Services and Respite provides a primer on how Adult Day Services provide an option for respite for family caregivers.

Source

[ARCH National Respite Network and Resource Center](#)

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