

Caregiver Support

Caring for a family member with Alzheimer's disease or Dementia can be very difficult and may mean you need ongoing support. Helpful articles in this section address topics such as understanding dementia, dealing with caregiving isolation, and taking care of yourself.

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Links

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

Source

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PODCAST: Healing Ties

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PODCAST: Happy Healthy Caregiver

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PODCAST: Confessions of a Reluctant Caregiver

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Links

Well Beings ~ Films and Series

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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

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](#)

Books & Guides

[Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers](#)

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

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