

## **Family Conversations**

Family conversations about aging, health, long term care, and end of life can be difficult. Having open and honest communication about these topics is essential and helps you to understand what your loved ones need and want, and ensures they have a good quality of life.

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## **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

## **How to Have the ‘You May Need Help’ Conversation**

It can be challenging engage in family conversations when a family member needs help. Learn how to approach these discussions.

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[Today's Caregiver](#)

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## **Family First Virginia - Kinship Navigator Programs**

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## **SAGE: Advocacy and Services for LGBT Elders**

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## **The "Typical" LGBTQ Caregiver**

[The "Typical" LGBTQ Caregiver](#) fact sheet from National Alliance for Caregiving (NAC) and AARP provides information about LGBTQ caregivers and their needs for information, resources, and services.

Source

[National Alliance for Caregiving](#)

Books & Guides

## **Caregiving in the LGBT Community**

[Caregiving in the LGBT Community](#) provides a guide to engaging and supporting LGBT caregivers through programming.

Source

[SAGE: Advocacy and Services for LGBT Elders](#)

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## **5 Tips for Difficult Family Caregiving Conversations**

Regardless of your specific caregiving situation, you're likely to engage in many challenging conversations with those you care for, as well as with other family members.

Source

[AARP](#)

Article

## [1 in 4 Family Caregivers Is a Millennial](#)

A high percentage of unpaid family caregivers in the United States are millennials, and they face special emotional and professional concerns because of dueling commitments.

Source

[AARP](#)

Books & Guides

## [Taking Care: A Resource Guide for Caregivers](#)

Taking Care: A Resource Guide for Caregivers was created by the Virginia Caregiver Coalition (VCC). Recognizing that every caregiving situation is unique, this comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

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