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## **AARP Family Caregiving Guide**

The [Family Caregiving Guide](#) is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need.

The AARP Family Caregiving Guide has useful resources including:

- 5 Key Steps for Your Caregiving Journey
- General Needs Assessment to Help Evaluate Your Situation
- A Simple Goals and Needs Checklist
- Sample Caregiving Plans

This guide also provides essential resources and guidance on how to have caregiving conversations, work together with other family members, make caregiving plans, and how to care for yourself and find support.

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**AARP** was founded in 1958 and has over 38 million members. It is a nonprofit, nonpartisan organization for people over the age of 50. AARP is well-known for its advocacy efforts, providing its members with important information, products and services that enhance quality of life as they age. They also promote community service and keep members and the public informed on issues relating to the over 50 age group.