

Family Dynamics

Family dynamics and history can impact long term care discussions and the ability to reach consensus. When communicating as a family consider your unique family dynamics and each person's expectations and perspectives.

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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.

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](#)

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.

Source

[Today's Caregiver](#)

Links

Family First Virginia - Kinship Navigator Programs

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

Article

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](#)

Article

Special Concerns of LGBT Caregivers

While many issues are the same for all caregivers, some unique considerations arise for lesbian, gay, bisexual, and transgender (LGBT) people dealing with aging.

Source

[Family Caregiver Alliance](#)

Article

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](#)

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