

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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Links

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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