

If you are a family caregiver for a Veteran or active-duty servicemember, it's important to ensure that you and your family receive any needed supports and services. Explore programs that can provide or help coordinate behavioral health, rehabilitation, and family support services.

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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](#)

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](#)

Article

## **VA Home and Community Based Services**

There are a range of VA home and community-based services to support eligible Veterans and their Caregivers.

Source

[U.S. Department of Veterans Affairs](#)

Links

## **Alzheimer's Association Caregiving Resources**

Source

[Alzheimer's Association Caregiving Resources](#)

Books & Guides

## **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.

Source

[AARP](#)

Article

## **Sharing Your Family Story**

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Books & Guides

## **AARP's Financial Workbook for Veteran and Military Caregivers**

AARP's Financial Workbook for Veteran and Military Family Caregivers provides practical information and resources focused on health, housing, and money management. AARP has created this guide to help you gather the essential information you need to manage the complex responsibilities of caregiving.

Source

[AARP](#)

Links

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

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## **Family First Virginia**

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