

Explore Community Topics

[Membership Organizations](#)

[Veteran and Military Caregivers](#)

[Financial Planning](#)

[Military Discounts](#)

[Sports and Recreation](#)

[Advocacy and Appreciation](#)

Explore Community Resources

Articles

[2024 Caregiver Resource Directory for Military Families](#)

The Caregiver Resource Directory directory is designed to help empower military caregivers with information about national and local resources and programs specifically for them. Topics include: helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and more.

Source

[U.S. Department of Defense](#)

Recent Community Articles

Recent Community Articles

Article

[Cyber Safety While Traveling](#)

Using public chargers and Wi-Fi can be convenient but also puts your devices and data at risk. Hackers can compromise public USB ports and set up fake Wi-Fi hotspots to gain access to your information. Learn how to protect your online

activity while traveling.

Article

Caregiving Youth Shine

Caregiving youth received a national platform on the TODAY Show with Maria Shriver, marking a crucial step towards greater recognition and support for these young people. The American Association of Caregiving Youth (AACY) and Kesem, a leading organization for children of cancer patients, teamed up for this appearance.

Article

Disaster Assistance and Resources for Veterans

It's important for Veterans and their families to know that the VA is here to help in the wake of a disaster.

Source

[VA News](#)

Article

VA Resource Navigator: Finding VA Resources

Veterans often have questions about VA services and benefits. Whether they have recently exited military service or have been separated for years, VA is here to help Veterans navigate benefit entitlements and take an active role in their health care.

Source

[VA News](#)

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. 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

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](#)

More for You

Features

- [Ask an Expert](#)
- [AgingCare.com Veterans Forum](#)
- [Caregiver Tech Tool Finder](#)
- [U.S. Military Acronyms](#)

Staying Connected

- [Veterans Caregiver Resource Page](#)
- [Veterans Crisis Line](#)
- [Join the Hidden Heroes Community](#)
- [Virginia Values Veterans \(V3\) Transition Program](#)

[View PDF](#)