

Health Care

Supporting your loved one's health involves daily planning and advocating for their health care needs. This section includes helpful tools such as caregiver checklists for health appointments, strategies for dealing with a health crisis, and managing medications.

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Article

Extreme Heat and Your Health

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

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[Centers for Disease Control \(CDC\)](#)

Links

Virginia Department of Health (VDH)

Source

[Virginia Department of Health \(VDH\)](#)

Books & Guides

The Caregiver's Resource Library

[The Caregiver's Resource Library](#) from AgingCare.com is an essential resource for all caregivers.

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[AgingCare.com](#)

Links

CaringBridge

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[CaringBridge](#)

Links

National Institutes of Health (NIH)

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