

Caring for a parent, spouse, or family member can be challenging and may mean you need support from others. It's important to know when to ask for help, to find ways to cope, and to make keeping yourself healthy a priority!

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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. 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](#)

Links

Support Caregiving

A new, first-of-its-kind National Strategy to Support Family Caregivers provides hundreds of actions that federal, state, and local governments, businesses, and communities can take to support caregivers.

Source

[Support Caregiving](#)

Article

Caregiver Tip Sheets from HealthinAging.org

HealthinAging.org provides caregiver tip sheets on a variety of topics.

Source

[HealthinAging.org](https://www.healthinaging.org)

Links

Today's Caregiver Friendly Awards 2023

Source

[Today's Caregiver Friendly Awards 2023](https://www.caregiverfriendlyawards.com)

Links

SAGE: Advocacy and Services for LGBT Elders

Source

[SAGE: Advocacy and Services for LGBT Elders](https://www.sageusa.org)

Article

The "Typical" LGBTQ Caregiver

[The "Typical" LGBTQ Caregiver](https://www.nacaregiving.org) 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](https://www.nacaregiving.org)

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

[Caregiver Burnout: Steps for Coping With Stress](#)

This article explores ways in which to manage stress to improve physical and mental well-being.

Source

[AARP](#)

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