

## **Family Resources**

Whether you are caring for a parent, spouse, or extended family member with Alzheimer's or dementia, there are resources that can help. Explore this section for specialized programs, articles, and links.

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Links

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

Source

[Alzheimer's Association Caregiving Resources](#)

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](#)

Article

## **Can I Get Paid to Be a Caregiver for a Family Member?**

There are programs to help alleviate the financial burden of family caregiving.

Source

[AARP](#)

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

## **1 in 4 Family Caregivers Is a Millennial**

A high percentage of unpaid family caregivers in the United States are millennials, and they face special emotional and professional concerns because of dueling commitments.

Source

[AARP](#)

Books & Guides

## **Taking Care: A Resource Guide for Caregivers**

Taking Care: A Resource Guide for Caregivers was created by the Virginia Caregiver Coalition (VCC). Recognizing that every caregiving situation is unique, this comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Books & Guides

## **Dementia Safety Information Toolkit**

The [Dementia Safety Information Toolkit](#) is provided by the Virginia Department for Aging and Rehabilitative Services' Office for Aging Services, Division for Community Living. This resource provides information on a wide range of topics to help keep Virginians living with dementia and their caregivers safe.

Source

## **Fast-Forward: Explore your aging and look into your family's future...**

If you could see your family's future, would you change anything? Fast-Forward follows four families as they travel through time to meet their future selves.

Source

[PBS](#)

Books & Guides

## **Financial Steps for Caregivers: What You Need to Know About Protecting Your Money and Retirement**

[Financial Steps for Caregivers](#) provides valuable financial information for caregivers.

Source

[Women's Institute For A Secure Retirement](#)

Links

## **engAGED - The National Resource Center for Engaging Older Adults**

Source

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