

Caregiving involves the whole family and understanding family dynamics and interactions. Engaging in ongoing and clear communication helps all family members along the journey. Explore articles and resources on strengthening communication and having important family conversations.



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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

## **Grand Caregivers: Lessons Learned While Caring for Grandparents**

With the increase in multi-generational families, grandchildren play a more prominent role in caring for their grandparents. How grandchildren care for grandparents varies considerably based on age and ability – and whether a parent is involved in the caregiving.

Source

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## **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](#)

Article

## **How to Have the ‘You May Need Help’ Conversation**

It can be challenging engage in family conversations when a family member needs help. Learn how to approach these discussions.

Source

[Today's Caregiver](#)

Links

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

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[Family First Virginia - Kinship Navigator Programs](#)

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## **Family First Virginia**

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## **Grandfamily Caregiver Tip Sheets**

Generations United with support from our partner Humana, developed tip sheets on self-care and youth mental health for grandfamily caregivers.

Source

[Generations United](#)

Books & Guides

## **Generations United: 2022 Grandfamilies Report**

The 2022 State of Grandfamilies Report - Together at the Table: Supporting the Nutrition, Health, and Well-Being of Grandfamilies includes the latest findings on grandfamilies facing high rates of hunger and food insecurity.

Source

[Generations United](#)

Links

## **Virginia Kinship Navigator Programs**

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## **Kinship Care: Virginia Department of Social Services (VDSS)**

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[Kinship Care: Virginia Department of Social Services \(VDSS\)](#)

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