

>WHAT'S NEW

- ◆ Check our [NEWS](#) section for our latest newsletters!
- ◆ Read [Senior Navigator: Central Virginia's Guide for Aging Well and Caregiving 2023](#)
- ◆ To find caregiving programs in your area, visit [SeniorNavigator](#)

ARTICLES

- > Child Caregivers Shine Light on Heavy Task of Tending to Sick Parents [Video]
<https://aacy.org/caregiving-youth-shine-on-nbcs-today-show-with-maria-shriver-a-national-spotlight-ignites-hope-for-change>
- > Family Caregiver Resources for Virginia from AARP
<https://virginiannavigator.org/article/76964/family-caregiver-resources-virginia-aarp>
- > Rosalynn Carter Institute for Caregivers and Wounded Warrior Project Continue Partnership for Military and Veteran Caregiver Support
<https://rosalynncarter.org/the-rosalynn-carter-institute-for-caregivers-and-wounded-warrior-project-continue-partnership-with-grant-for-military-and-veteran-caregiver-support>
- > 'Ever Forward' - Leeza Gibbons Talks About Caregiving
<https://www.nextavenue.org/caregiving-leeza-gibbons/>
- > Smart Tech for Seniors
<https://www.washingtonpost.com/home/2022/01/20/smart-tech-for-seniors>
- > Caregiver Tech Tool Finder (CTTF)
<https://seniornavigator.org/caregiver-tech-tool-finder-sn>

> Why more millennials are becoming caregivers

<https://www.pbs.org/newshour/health/why-more-millennials-are-becoming-caregivers>

> Valuing the Invaluable: 2023 Update, Strengthening Supports for Family Caregivers

<https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-the-invaluable-2023-update.doi.10.26419-2Fppi.00082.006.pdf>

LINKS

> AARP Family Caregiving Resources

<https://www.aarp.org/caregiving>

> Alzheimer's Association: Caregiving

<https://www.alz.org/help-support/caregiving>

> American Association of Caregiving Youth (AACY)

<https://aacy.org>

> Caregiver Action Network (CAN)

<https://www.caregiveraction.org>

> Caregiving.com

<https://www.caregiving.com>

> Family Caregiver Alliance

<https://www.caregiver.org>

> National Family Caregiver Support Program

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

> Next Avenue: Caregiving

<https://www.nextavenue.org/category/caregiving>

> Next Step in Care: Family Caregivers & Health Care Professionals Working Together

<http://www.nextstepincare.org/caregivers>

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