

## Caregiver Support

Caring for a family member with Alzheimer's disease or Dementia can be very difficult and may mean you need ongoing support. Helpful articles in this section address topics such as understanding dementia, dealing with caregiving isolation, and taking care of yourself.

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Links

## CareYaYa

CareYaya connects families seeking senior care with compassionate, motivated college students from top universities.

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## Working Daughter: The leading resource for women balancing caregiving, career, and life

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## **PODCAST: Happy Healthy Caregiver**

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## **PODCAST: Daughterhood for Caregivers**

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## **PODCAST: Confessions of a Reluctant Caregiver**

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## **Well Beings ~ Films and Series**

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Article

## **3 New Ways That Medicare Is Supporting Family Caregivers**

Family caregivers are often thrust into caregiving with little notice and can find themselves navigating a complex medical system without any training or guidance. Explore new ways that Medicare is supporting family caregivers.

Source

[AARP](#)

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](#)

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