

Family Conversations

Family conversations about aging, health, long term care, and end of life can be difficult. Having open and honest communication about these topics is essential and helps you to understand what your loved ones need and want, and ensures they have a good quality of life.

[View PDF](#)

Links

Family First Virginia - Kinship Navigator Programs

Source

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

Links

Family First Virginia

Source

[Family First Virginia](#)

Links

SAGE: Advocacy and Services for LGBT Elders

Source

[SAGE: Advocacy and Services for LGBT Elders](#)

Article

The "Typical" LGBTQ Caregiver

[The "Typical" LGBTQ Caregiver](#) 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](#)

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

5 Tips for Difficult Family Caregiving Conversations

Regardless of your specific caregiving situation, you're likely to engage in many challenging conversations with those you care for, as well as with other family members.

Source

[AARP](#)

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](#)

Article

A New Generation of Caregivers: Grandchildren Taking Care of Grandparents

A new generation of young people is stepping up to help care for their aging and ill family members. Today 24% of informal caregivers are between the ages of 18 and 34. Millennials and members of Generation Z are aging into the caregiving role.

Source

AgingCare.com

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

Videos

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

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 29 Results