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What is Ask an Expert?

Not sure where to turn? Let us help guide you! Ask an Expert is an exciting feature that allows you to email us a question so you can receive information, resources, and services to take the next step forward.

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How Family Caregivers Can Get the Tax Breaks They Deserve

If you are a family caregiving you could be eligible for certain tax deductions and credits.

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The Hope Fund for Critical Financial Assistance

The Elizabeth Dole Foundation has teamed with the Bob & Dolores Hope Foundation to provide military caregivers with financial relief grants to get them back on track.

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[Elizabeth Dole Foundation](#)

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Are You Getting Enough Sleep?

Getting enough sleep is important for people of all ages to stay in good health. Learn how much sleep you need.

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[Centers for Disease Control \(CDC\)](#)

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Five Reasons to Update Your Estate Plan: Wills, Trusts, End-of-Life Documents

Estate plans and wills need to be reviewed periodically to ensure that it still reflects your wishes through the many twists and turns of life.

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[Today's Caregiver](#)

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Tips for Organizing a Medical History

It's important for caregivers to organize health information in case of medical emergencies. Learn about easy tips for ensuring you have the information you need.

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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.

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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.

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Brain Health and Dementia Fact Sheets | Infographics

The Virginia Department of Health, Department for Aging and Rehabilitative Services, and Dementia Capable Virginia have developed an array of brain health and dementia fact sheets and infographics for consumers and providers.

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[Virginia Department of Health](#)

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VA Home and Community Based Services

There are a range of VA home and community-based services to support eligible Veterans and their Caregivers.

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[U.S. Department of Veterans Affairs](#)

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VA Dental Insurance Program (VADIP)

The VA Dental Insurance Program (VADIP) offers discounted private dental insurance for Veterans and family members who meet certain requirements. Find out if you're eligible, and how to enroll in a plan that meets your needs and budget.

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[U.S. Department of Veterans Affairs](#)

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VA Dental Care

If you qualify for VA dental care benefits, you may be able to get some or all of your dental care through VA. Find out how to get VA dental care or how to buy dental insurance if you don't qualify.

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