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Family Caregivers

Caring for your loved one is a life-changing journey that involves both joyful and challenging moments. Finding valuable resources and services for you and your family can make all the difference!

Our free membership gives you access to more resources and features like Ask an Expert.

[Create User Account](#)

Caregiving Resources

[Free Expert Advice](#)

Utilize Ask an Expert – where you can receive free, confidential expert advice for caregiving related questions and concerns.

Caregiver Tech Tool Finder

The Caregiver Tech Tool Finder gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech.

E-Newsletters

Stay informed through our e-newsletters – timely and relevant information delivered right to your inbox.

Senior Navigator Magazine

Read Senior Navigator, Central Virginia's Guide for Aging Well and Caregiving 2023

Frequently Asked Questions

How can I get started with having tough caregiving conversations with my loved ones?

Sometimes taking the first step is the hardest. Here are [helpful strategies to make having difficult family conversations more comfortable](#) and productive.

Can you provide information about caregiving technology tools that might be helpful?

Overwhelmed by all the technology options for caregivers? The Caregiver Tech Tool Finder [gives you independent unbiased recommendations](#).

Do you have resources and information for veterans caregivers?

Family caregivers of Veterans face unique challenges. Explore [a range of resources that may be helpful](#).

Can I get paid to be a caregiver for a family member?

There are [programs to alleviate the financial burden of family caregiving](#).

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