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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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## **Virginia Assisted Living Finder**

Need help understanding and simplifying assisted living options? There's an array of senior living options across Virginia that cater to different needs. The Virginia Assisted Living Finder includes housing resources and FAQs on housing topics to help guide you and your family.

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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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## **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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## **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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## **Geriatric Care Managers Advocate for Older Adults — and Their Caregivers**

Explore how Geriatric Care Managers can help older adults and their caregivers. These professionals, sometimes called aging life care managers, act as private advocates and guides for family members who want to ensure their loved one receives good care.

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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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## **5 Things to Know About Taking 5 or More Medications**

Medicines can improve our lives by regulating blood pressure, curing infections and calming restless minds and aching joints. But as you get older taking multiple drugs increases your risk of falls, confusion, and other serious side effects.

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## **Grand Caregivers: Lessons Learned While Caring for Grandparents**

With the increase in multi-generational families, grandchildren play a more prominent role in caring for their grandparents. How grandchildren care for grandparents varies considerably based on age and ability – and whether a parent is involved in the caregiving.

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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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## **10 Tips For Finding The Right Home Care Agency**

If you are pursuing home care options for your family, explore these 10 valuable tips for making informed decisions when it comes to finding the perfect home care agency for your loved ones.

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