

MILLENNIAL CAREGIVER TIPS & CLIPS

as of 8/22/2018

| ORGANIZATION | RESOURCE TITLE | ABOUT THE RESOURCE | URL |
|---|--|--|---|
| The SCAN Foundation | <i>10 Things Millennial Caregivers Should Know About Caring for a Friend or Loved One</i> | A roundup of ten things for younger caregivers to consider when entering into the role of caregiver. | http://www.thescanfoundation.org/sites/default/files/GiveACare-10Things.pdf |
| AARP | <i>Do You Care Challenge</i> | Interactive website featuring “day in the life” challenges of fictional Millennials with information on caregiving. | https://www.doyoucarechallenge.org/ |
| AARP | <i>Millennials: The Emerging Generation of Family Caregivers</i> | Research on Millennial caregivers, in particular, a closer look into their background, experiences and challenges. | https://www.aarp.org/ppi/info-2018/Millennial-family-caregiving.html |
| American Association of Caregiving Youth | <i>Resources for Caregivers of All Ages</i> | Comprehensive list of resources for caregivers of all ages – a handful of these resources pertain to Millennials in particular. | https://aacy.org/index.php/resources-186 |
| AP-NORC | <i>Younger Adults' Experiences and Views on Long-Term Care</i> | Polling data revealing how Millennials experience and view long-term care. | https://www.longtermcarepoll.org/project/younger-adults-experiences-and-views-on-long-term-care/ |
| Caring.com | <i>Preparing for the Unsuspected Role of Caregiver</i> | Article on how Millennials can prepare for taking on the role of caregiver. | https://www.caring.com/articles/the-unknown-caregiver |
| GenTwenty | <i>5 Things You Wish Your Friends Knew About Being a Millennial Caregiver</i> | Millennial-perspective article on what it's like to be a young caregiver. | https://gentwenty.com/Millennial-caregiver/ |
| Home Care Assistance | <i>Millennial Caregivers, Here's My Advice to You</i> | Advice from Millennial caregivers. | https://homecareassistance.com/blog/advice-Millennial-caregiver |
| LeadingAge | <i>Carry the Convo LTSS Campaign</i> | Campaign to raise awareness about the prevalence of young caregivers ages 20-36 and the lack of affordable long-term services and supports options available to them and their families. | https://www.leadingage.org/carrytheconvo |
| Motivated GenY | <i>4 Self-care Tips for Millennial Caregivers</i> | Tips for how Millennials can approach caregiving. | https://themotivatedmillennial.com/blog/4-tips-for-Millennial-caregiver-self-care/ |
| National Council on Aging | <i>It's Time to Support Young Caregivers</i> | Article and stats on Millennial caregiving. | https://www.ncoa.org/blog/time-support-young-caregivers/ |
| NBC | <i>Millennials Stepping Up: How Will We Take Care of Our Parents?</i> | Feature article and video on what it takes to be a Millennial caregiver. | https://www.nbcnews.com/leftfield/leftfield/Millennials-stepping-how-will-we-take-care-our-parents-ncna872311 |
| TIME | <i>Millennials Struggling to Care for Aging Baby Boomer Parents Call for Better Paid Leave</i> | In-depth article on Millennial caregiving and the federal Family and Medical Leave Act. | http://time.com/5203203/fmla-paid-leave-Millennials-caregiving/ |
| Wall Street Journal | <i>The Call to Care for Aging Parents Comes Sooner Now</i> | Article featuring DYGAC campaign ambassador on struggles of Millennial caregiving. | https://www.wsj.com/articles/the-call-to-care-for-aging-parents-comes-sooner-now-1533567702?mod=e2fb |