

**Published on *VirginiaNavigator* (<https://virginiannavigator.org>)**

## **Grandfamily Caregiver Tip Sheets**

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Generations United with support from our partner Humana, developed tip sheets on self-care and youth mental health for grandfamily caregivers.

- [Grandfamily Caregiver Tip Sheet: Self-Care](#)
- [Grandfamily Caregiver Tip Sheet: Self-Care \(Spanish Version\)](#)
- [Grandfamily Caregiver Tip Sheet: Youth Mental Health](#)
- [Grandfamily Caregiver Tip Sheet: Youth Mental Health \(Spanish Version\)](#)

Generations United with support from our partner Humana, developed tip sheets on self-care and youth mental health for grandfamily caregivers. These tip sheets are filled with helpful information and resources for grandfamilies.

► For more information about Generations United resources, go to [www.gu.org/resources](http://www.gu.org/resources)

Article Source

Generations United

Source URL

<https://www.gu.org>

Last Reviewed

Sunday, February 26, 2023