

I learned how to care for my loved ones and myself.



Caregiving is challenging. AARP is here to help you stay balanced.

Join AARP's free caregiving virtual seminar to learn how you can care for your loved ones and yourself during the COVID-19 pandemic.

Together, we'll explore how you can:

- Create a caregiving plan
- Gather a support network
- Use technology to keep connected
- Take advantage of telehealth services
- And more

Plus, you can get live, one-on-one support with our free FAQ tool.

**CAREGIVING IN UNCERTAIN TIMES:
FINDING SUPPORT & CONNECTION**

What will you learn? Register now at:
