

## Coping with Chronic Disease, Degenerative Conditions, Finding care

### 1 Caregiver Support

#### Fairfax County Family Caregiver Support Program

Listings of family caregiver support resources. Offers free caregiver webinars, support groups, and other local connections.

 [Visit Website](#)

703-324-7948, TTY 711

#### AARP Caregiving Resource Center

Comprehensive list of resources for caregivers.

 [Visit Website](#)

24/7 Hotline 1-800-272-3900

#### Shepherd's Center of Oakton/Vienna, Caregiver Support Group

Unitarian Universalist Church. Meets 1st and 3rd Thursday, each month, 10 am to 12 noon. Weekly Caregiver Support Group newsletter

 [Visit Website](#)

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(703) 300-1751

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