

## Newsletter, 21.01.26

**Across the world, families are the primary source of care and support for ageing relatives.** In every region, adults and children are part of family systems that provide practical and emotional help to older parents, grandparents and extended kin, often over many years. This caregiving cuts across cultures and income levels, shaping daily life and influencing how families organise work, housing and relationships.

In recognition of these shared experiences, **Tooled Up** is offering space for reflection and practical support by **hosting a webinar *Caring Across Generations*:**

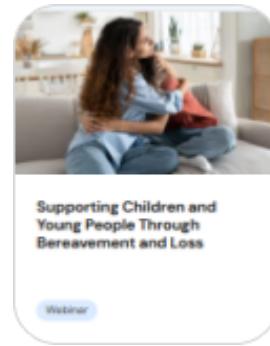
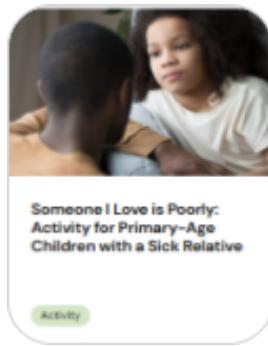
**Supporting Ageing Loved Ones on 3rd February 2026.** The session will offer practical ideas to support those in caring roles and provide guidance on helping to protect emotional resilience. [You can register here](#).

Where families are caring for elderly loved ones, children and young people will inevitably encounter illness, physical change, and, over time, loss. These can be difficult conversations to navigate, but Tooled Up offers a range of resources to help support families through them.

**For parents of children and teenagers**, the podcast [Talking to Children and Teens About Serious Illness](#) shares sensitive, practical guidance to help families talk openly about illness.

**For younger children**, the activity [Someone I Love is Poorly](#) helps adults gently explore their worries by encouraging questions and providing reassurance that trusted grownups are there to help them.

Research indicates that **many children will experience bereavement before the age of 18**, whether the loss of a parent, sibling, grandparent or other significant person. While these experiences are widespread, children's responses to grief can vary significantly. The webinar [Supporting Children and Young People Through Bereavement and Loss](#) explains how grief may be expressed offering practical ways to support children and young people experiencing it.



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