



National Family Caregivers Month

“Respite: Care for Caregivers”

November 2015

WHEREAS, family caregivers greatly improve the quality of life for their loved ones, spending an average of 20 hours per week providing care, with many caring for their loved ones around the clock; and

WHEREAS, over 90 million family caregivers in the United States are the unacknowledged backbone of the nation’s long-term care system by providing daily assistance to manage health and personal care, thus enabling their loved ones to stay in the home longer; and

WHEREAS, family caregivers are the only people who are present with patients in all care settings. Patients may have more than one doctor; nurses change shifts; prescriptions may be filled at different pharmacies. But family caregivers are there as full partners with their loved ones through it all often with no relief or an opportunity to request a time out; and

WHEREAS, considering caregivers’ increased risk for health issues from chronic stress it is important for family caregivers to take a respite to recharge; and

WHEREAS, respite services protect a family caregiver’s own health, strengthen family relationships, prevent burn-out and can enable a care recipient to stay at home up to three times longer

WHEREAS, with the national recognition of the importance of family caregivers in our country growing every year – it is even more essential to encourage these heroes to take some time for respite so they may continue their mission of providing that loving care that only they can provide.

November 2015 is National Family Caregivers Month with the theme “Respite: Care for Caregivers”!