



Caregivers Support Client Choice

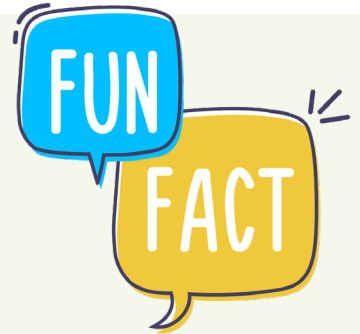
Washington had a hot, dry summer, the third driest on record since 1895. Fall is officially here, and it is hard to believe that 2025 will be over in a few months.

This year, more than 90,000 Washingtonians received long-term services and supports, and 58,000 Individual Providers are serving people in their own homes. Many other caregivers provided support through home care agencies, adult family homes, and assisted living facilities.

Today 91% of older people or those with disabilities are served in their home or a community setting, like assisted living or adult family homes. Back in 1992, only 53% of this population were served outside of nursing homes. Due to the age wave, more people are needing care. Advances in technology and health care help people receive supports that allow them to choose where they want to live- which is usually at home. Thank you to Washington's dedicated caregivers who make that possible

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

– Dalai Lama



14,376 in-home caregivers across Washington completed the [2024 Caregiver Survey](#).

October is
Blindness
Awareness
Month. We're
grateful for
the incredible



caregivers who support blind and visually impaired clients in living full, independent lives.

Washington has **14 Enhanced Service Facilities**. These facilities support people with behavioral health needs who do not require hospitalization, allowing them to remain in their communities while receiving help with behavioral challenges and personal care. Caregivers and staff help make this possible!



Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in *Caregivers in Action*!

Email: [Stephanie Marko](#)

Blindness Awareness Month

In honor of Blindness Awareness Month some caregiving tips for a person with blindness or vision impairment from [AgingCare.com](#):

- Clear clutter and move cords or rugs to prevent tripping. Keep walkways wide and easy to navigate.
- If you move furniture, explain the changes and help the person adjust to the new layout.
- Use a basket to keep frequently used items within reach.
- Add touch markers like rubber bands, felt, or raised dots to help identify objects by feel.
- Washington has a library of talking books and a braille library to be enjoyed [Washington Talking Book & Braille Library](#)



Helping Caregivers Stay Well During the Darker Fall Months

With less daylight, some people feel a shift in mood and energy. Make the most of the daylight hours and use the longer evenings as a chance to reset your sleep routine. Take care of yourself and check in with your clients to see how they are feeling about the change in seasons. [Monarch Behavioral Health](#) has some great tips.

Embrace the Light: Get outside during the day, even for a short walk to the mailbox.

Stay Active: Exercise is a great way to elevate your mood and combat feelings of sluggishness. Try [chair exercises](#) with your client, if appropriate.

Keep a Consistent Routine: Keep regular sleep and wake times to help your body stay balanced. Use a [night-time routine](#) for you and your clients.

Mind Your Nutrition: Eat healthy foods like leafy greens to support your mental health. Ask about your client's favorite vegetables.

Seek Connection & Support: Talk to friends, family, or a therapist if the shorter days feel tough.



Share Your story to be featured in *Caregivers in Action!*

November is National Family Caregiver Month. Have a story or insight about supporting a family member? We'd love to hear it

Email: [Stephanie Marko](#)

