



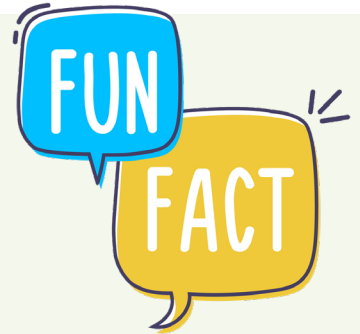
This November, We Honor and Celebrate Family Caregivers

In 1997, then President Bill Clinton signed a proclamation dedicating a week in November to honor family caregivers, then in 2000, he extended it to the entire month. Each year, every President since has continued it.

Caring for a family member can be rewarding and challenging. There are programs that your family member may be eligible for and supports for unpaid family caregivers. Supports can include medical supplies, respite care, support groups, and training.

If you or someone you know is in need of supports while providing unpaid care, contact your local Community Living Connections/Area Agency on Aging office at 1-855-567-0252 or find contacts for Family Caregiver Supports by county at [Find Local Services, Information, and Resources](#).

Additional resources are available [Family Caregiver Handbook \(PDF\)](#).



AARP Reports: Every day more than **820,000 Washingtonians** perform a great labor of love: caring for older parents, spouses, and other loved ones so they can remain at home.



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In America, more than **53 million family caregivers** provide unpaid care. It is estimated that if unpaid caregivers were being paid at professional rates, it would equal nearly \$1 trillion a year.

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Two-thirds of unpaid caregivers are women, roughly 35.33 million.



“You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.”

– Eleanor Roosevelt

November is the Month of Thankfulness and Gratitude

Gratitude is more than a feeling. It can lift your mood, reduce stress, and support your health. Research shows that people who practice gratitude often experience fewer stress-related illnesses, less depression, and lower blood pressure.

Caregivers can practice gratitude for themselves and help their clients do the same. It can strengthen connection, bring calm to the day, and create moments of kindness and purpose.

Ways to bring gratitude into your day this month include:

1. **Start a gratitude journal.** Write down one thing you're thankful for each day. Invite your client to join you.
2. **Say thank you.** Let someone know you appreciate their care, service, or friendship. Write a note or help your client send one.
3. **Give Back.** Support your community, neighborhood, or a cause you care about. As a caregiver, you already give every day.



Honoring Tribal Caregivers During Native American Heritage Month

It is a time to celebrate the history, culture, and contributions of Tribal communities across Washington. It's also a time to recognize the caregivers who continue traditions of care, connection, and community.

In many Tribal traditions, caring for elders, children, and community members is not a job — it's a sacred honor. It reflects values of respect, reciprocity, and interdependence. Tribal caregivers often support extended family members, uphold cultural practices, and serve as keepers of language, tradition, and story. Thank you for all you do. This month and every month.

If you'd like to learn more about Washington's 29 federally recognized Tribes and their leadership, investments, and cultural impact, visit [Washington Tribes](#).



Caregiver Careers Washington

You give your time, your care, and your heart. There's a new website that helps people understand what caregiving is and why it matters.

[CaregiverCareersWA.com](#) is a welcoming place for people curious about caregiving work. Help grow the caregiving workforce by sharing our new website.

