DSHS WASHINGTON STATE Department of Social and Health Services

Caregiving in Action

November 2026 | QUIET STRENGTH | RESILIENCE | PATIENCE



Celebrating the Heart of Caregiving

Many caregivers never planned to become caregivers but fall into the role because their families need them. Family caregivers are often called the backbone of long-term care.

They help loved ones remain at home, stay connected to family traditions, participate in their communities, and maintain their quality of life.

Their dedication saves families time, resources, and stress while creating moments of joy and dignity for those receiving care.

During **National Family Caregivers Month**, we celebrate:

- Caregivers who advocate for loved ones.
- Caregivers who balance work and family responsibilities.
- Kinship caregivers raising children.
- Tribal caregivers supporting cultural and family connections.
- Friends and neighbors who step forward when care is needed

"If you find it in your heart to care for somebody else, you will have succeeded."

– Maya Angelou



More than 1.25 million Washingtonians provide unpaid care to an adult loved one, contributing approximately 930 million hours of unpaid care each year.

The value of that care is estimated at $25 billion annually.

About 55% of caregivers balance work and caregiving responsibilities at the same time.

About 22% provide 40 or more hours of care each week or provide constant care.

Nearly one-third of caregivers are part of the "sandwich generation," caring for both an adult and a child.



Thank you, caregivers. Washington families are stronger because of you.

Source: AARP

Are you an Individual Provider for a family member?

Did you know…

- You can access to a variety of benefits through the SEIU775 Benefits Group.
- Consider working for other people who need care! To look for CDWA clients who are seeking IPs, register on Carina. (Note: Just make sure you stay within your Work Week Limit and you'll get more training if your training requirement changes).

Need to contact Consumer Direct Network of Washington?

- Consumerdirectwa.com
- InfoCDWA@ConsumerDirectCare.com
- Call: 866-214-9899 Mon-Fri: 7am-7pm
- Text: 877-532-8568 Mon-Fri: 8am-5pm

Still have questions or need help navigating the process?

Reach out to the DSHS Long-Term Care Workforce Navigator for your area. Visit Caregivercareerswa.com/contact-us



Becoming a "Dementia Friend"

Building a supportive neighborhood starts with awareness. Led by the UW Medicine Memory and Brain Wellness Center, Dementia Friends Washington is a global movement changing how communities think, talk, and act regarding dementia.

Here's how you can learn more and get involved:

- Attend a free virtual or in-person session to learn about dementia.
- Learn small, practical ways to support local families.
- Enjoy public speaking? Train for free to become a "Champion" and lead sessions.

The program currently runs across 25 Washington counties. To find a session or bring it to your community, email dementiafriendswa@uw.edu.

Prefer to learn at your own pace? Sign up for an on-demand Dementia Friends session.





The Memory Hub: Virtual Coffee Chats

Dates: November 24 and December 1, 8, 22, 29 at 10 a.m.

Make a cup of coffee or tea and come for an informal social time with others living with memory loss or dementia. Participate online or by phone, with Zoom. Space is limited; Sign up.

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 us at Caregiver Careers.

