

Seniors and People with Disabilities

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Authorized Signature

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Issue Date: 9/27/2006

Topic: National Family Caregivers Month 2006

Subject: Suggestions for Celebrating National Family Caregivers Month 2006

Applies to (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> All DHS employees | <input type="checkbox"/> County Mental Health Directors |
| X Area Agencies on Aging | X Health Services |
| <input type="checkbox"/> Children, Adults and Families | <input type="checkbox"/> Seniors and People with Disabilities |
| <input type="checkbox"/> County DD Program Managers | X Other (please specify): |

Message:

National Family Caregivers Month- observed every November- is a nationally recognized month that seeks to draw attention to the many challenges facing family caregivers, advocate for stronger public policy to address family caregiving issues, and raise awareness about community programs that support family caregivers. It is a time to thank, support, educate, and celebrate the more than 30 million people who are caring for older relatives and friends. During National Family Caregiver Month and every day we encourage family caregivers to take three steps every day to make their lives easier, improve care and raise awareness about their continued love and commitment. The three steps include:

Believe in Yourself.

Protect Your Health.

Reach Out for Help.

This November there is a special emphasis on the need for all of us to help family caregivers protect their health in order to have a more satisfying life and be better able to provide their loved one with the best care possible.

For more information go to <http://www.aoa.gov> or www.nfcacares.org

If you have any questions about this information, contact:

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