



November is

National Family Caregivers Month



Thank You Caregivers

for the love and care you share each and every day. You are among the more than 65 million family caregivers in the United States who fill this vital role. The Area Agency on Aging District 7 appreciates what you do!

The National Family Caregivers Association (www.nfcacares.org) encourages caregivers to:

- Believe in Yourself – Try to maintain a positive attitude by recognizing your strengths and limitations.
- Protect Your Health – Try to maintain your physical and emotional health and well-being. Your good health is the greatest gift you can give your loved one and your entire family.
- Reach Out for Help – Reaching out and asking for help is never a sign of weakness, rather it demonstrates strength and a keen awareness of your own abilities and sense of self.
- Speak Up for Your Rights – Be knowledgeable of the issues surrounding your loved one's diagnosis and treatment options. Advocate for your loved one and develop strong self-advocacy skills for not only your loved one, but for you as well.