

NOVEMBER: FAMILY CAREGIVERS MONTH



November is National Family Caregivers Month, a time to show support and honor our nation's vital caregivers. If you are a caregiver, we see you and we applaud you.

A few tips for caregivers...

- Connect with other caregivers for support and guidance, either online or in person.
- Accept offers of help from others. Suggest very specific, intentional tasks helpers can do that would make your life easier. Don't hesitate to ask for help.
- Make sure all legal documents are in order and easily accessible.
- Take respite whenever you can.
- Watch for signs of depression and don't delay getting professional help when you need it. Take a screening test if you aren't sure.
- Give yourself the credit you deserve.

Resources

Mental Health America's Guide for Caregivers gives information for legal caregivers, caring for someone with a mental health concern, insurance, medication, paying for care, family leave, and much more. Access it here: mhanational.org/caregivers/caregivers-guide.

Cornerstone Cares, located in Warrenton, offers extra support to caregivers in Fauquier County. Go to cornerstoneva.org/caregivers-connect to connect.

Benefits Checkup is the nation's most comprehensive online tool to connect older adults and people with disabilities to benefits. See if you or your loved one may be eligible—and find out where to apply online or how to get help from a benefits counselor. Go to benefitscheckup.org.

Families Caring for an Aging America

Family caregiving affects millions of Americans every day, in all walks of life.

At least 17.7 million individuals in the United States are family caregivers of someone age 65 and older who needs help because of a limitation in their physical, mental, or cognitive functioning.

As a society, we have always depended on family caregivers to provide the lion's share of long-term services and supports (LTSS) for our elders.

Yet the need to recognize and support caregivers is among the most significant overlooked challenges facing the aging U.S. population, their families, and society.

Source: National Academies Press

Lunch & Learn: November 9th 12:00 to 1:00 pm



SCAN HERE

The Power of Active Listening

Special guests Kerri Wright, founder of Good Listener, and Erica Bullock, CPRS, MBA, Mental Health Association of Virginia's Peer Warm Line Manager.