

Caring For Those Who Care – National Family Caregivers Month

Caregivers provide regular care and assistance to family members and loved ones with a health problem or disability.

1 Introduction

In 1997, President Clinton signed the first National Family Caregivers Month Presidential Proclamation. Since then, every President has followed suit by issuing an annual proclamation to recognize and honor caregivers in November.

This year, the focus is on caregiving in crisis. While dealing with the COVID-19 pandemic, caregivers have an extra burden to add to their already overwhelming job of caring for someone with chronic or terminal illness, as well as other health problems. There are several ways to manage caregiving safely and consistently during the global pandemic, and when things get back to normal. We have gathered some tips to help.

2 Seek Support

Caregiving can be exhausting, and it is essential that the caregiver find the right support. Some ways to find groups include:

- Social work department of hospital
- Voluntary organizations that deal with the patient's specific condition
- Area agencies on aging

3 Take Care of Yourself

Caregivers must pay attention to physical and emotional symptoms that can affect their own health and well-being. Create balance with the following suggestions:

- Get exercise
- Get regular checkups
- Take a break

4 Get Organized

Getting organized goes a long way when it comes to caring for a loved one. Some examples include:

- Make a medication list
- Keep a journal of the patient's day-to-day status
- Use a planner to organize doctor appointments
- Prepare questions and concerns before any medical appointments or exams

Did you know?

1 in 5 adults are acting as caregivers.

Click [here](#) for information on caregiving and to learn more about Caregiver Awareness Month.

References:

<https://caregiveraction.org/resources/10-tips-family-caregivers>

<https://www.cancerhealth.com/basics/health-basics/caregiver-resources>

<https://www.apa.org/pi/about/publications/caregivers/faq/cdc-factsheet.pdf>