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ALABAMA'S HUMBLE HEROES – THE FAMILY CAREGIVER

November is National Family Caregivers Month

Part One: Four Part Weekly Series

The month of November is National Family Caregiver Month. In Alabama alone, there is an estimated 818,000 caregivers, and through their care, \$7.8 billion dollars is saved.

Many family members do not consider themselves as a family caregiver, because helping another family member in need is the right thing to do. However, a family caregiver is an unpaid individual, such as a spouse, partner, family member, friend, or neighbor, who assists another with their daily living activities and/or medical tasks. Family caregivers play a critical role in our health and long term care system by providing a significant proportion of the care for both the chronically ill and aging. Alabama also has an estimated 63,529 grandparents who are caring for their grandchildren as the family caregiver in their home, therefore saving money for the state.

To recognize family caregivers as Humble Heroes during November, the Alabama Department of Senior Services will raise awareness of caregiving issues and challenges, provide education and resources, and help those who live with and care for someone with Alzheimer's or another form of dementia.

The Department of Senior Services, in partnership with the 13 local Area Agencies on Aging, AARP, and other advocacy groups will host many local events across the state to provide free education, conduct free memory screenings and Virtual Dementia Tours, and have local experts available to answer questions and provide support. A list of the local events can be found on the Alabama Department of Senior Services website at www.AlabamaAgeline.gov.

A "Give our Caregivers a Break" recognition event will be held on November 16, 2015 during the hours of 11:00 a.m. until 2:00 p.m. at the Alabama State Council of Arts, located in the Regions Bank building in downtown Montgomery, 201 Monroe Street. Valuable information

and resources for caregivers will be available and a recognition ceremony will be held to honor these Humble Heroes who sacrifice so much to care for their loved one.

All caregivers are encouraged to come and be a part of these events in and around the state to learn more and connect with those who may be going through some of the same experiences as they care for their loved ones.

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