

November is National Family Caregivers Month

Informal or unpaid caregivers (family members or friends) are the backbone of long-term care provided in people's homes. While some aspects of caregiving may be rewarding, caregivers can also be at increased risk for negative health consequences. These may include stress, depression, difficulty maintaining a healthy lifestyle, and staying up to date on recommended clinical preventive services.



You and your members can support family caregivers by:

- Helping them with errands, chores, and other tasks.
- Providing [emotional](#) and social support.
- Negotiating times to check in on them.
- Making sure they are managing their own health care needs.
- Helping them create and manage a [care plan](#) for the person they care for.
- Encouraging them to seek mental health services if necessary.

Source: [CDC](#)

Share these [Caregiver Action Network](#) resources with caregivers in your congregation:

- [Caregiver Help Desk](#). By phone 855-227-3650, email or live chat, Monday through Friday, 7:00 a.m.-6:00 p.m. Caregiving experts can help caregivers find the information they need to navigate challenges and support them on their caregiving journey.
- [Care Chat](#) forums allow caregivers to talk about specific conditions or ask general questions on caregiving.
- [Family Caregiver Toolbox](#) provides information on different types of caregiving, staying strong, and caregiving for a loved one with a specific condition.

Additional Information on Caregiving:

- [Centers for Disease Control and Prevention Caregiving](#)
- [The Public Health Center of Excellence on Dementia Caregiving](#)
- [Family Caregiver Alliance](#)
- [Caregiving Resource Center](#)