



## November is National Family Caregivers Month

By Navya Menon, Diversity Unit Intern

National Family Caregivers month is dedicated to recognizing and honoring the millions of family caregivers across the country. It is a time to raise awareness and educate about caregiving issues, and to provide support for our nation's caregivers. The job of being a caregiver can be incredibly exhausting and emotionally, mentally, and financially demanding. Issues such as financial strain, mental health concerns, burnout, loss of self-identity, and coping issues are common to the family caregiver community.

November is the perfect time to focus on family caregiver self-care, advocacy, and education. During this month of awareness, caregivers are encouraged to prioritize wellbeing, take time to focus on their feelings, reduce isolation, check for depression (which is alarmingly common among caregivers), and seek medical or therapeutic support when needed. Here's some suggested ways to support the family caregivers in your life:

- ❖ **Check in** with a phone call or visit to show you care.
- ❖ **Help** with household tasks and errands to lessen the caregiver's load.
- ❖ **Encourage** caregiver self-care to prioritize personal health and wellbeing
- ❖ **Assist** with finding or being respite care to allow the caregiver to take breaks and rest.
- ❖ **Introduce** new hobbies to help foster balance in their life.
- ❖ **Cook** for them or bring healthy meals to help out with groceries and ensure they are nourishing themselves as they provide care to their loved ones.
- ❖ **Share information** about caregiver support groups, where they can find community with others sharing similar experiences.
- ❖ **Listen** to them. Caregivers are overwhelmed and feel overlooked. Lending an ear and focusing on the caregiver gives them the ability to communicate openly about their feelings.
- ❖ **Send a monetary gift** or gift card, if able, to help ease financial strains.
- ❖ **Send a card** or note just to let them know you're thinking of them.
- ❖ **Say "Thank You"**, two simple words that can make a world of difference.

The Department of the Treasury recognizes that many members of our workforce are also dedicated family caregivers. Highlighting the importance of family caregivers not only brings attention to their vital

role, but also emphasizes their contributions. In observance of this month, take the time to support any family caregivers you know and show appreciation in any way you can.