

Proclaim November 2026 as National Family Caregivers Month

There are more than 63 million family caregivers¹ in the United States that provide unpaid care to family members or friends that totals hundreds of billions of dollars in unpaid societal and healthcare support every year.² Family caregivers provide care and assistance to a family member with limitations due to illness, injury, or disability. The care recipient “may have physical or developmental disabilities, or any situation (permanent or temporary) that means they need some level of assistance with daily living activities and other aspects of life.”³ These caregivers are many times the unsung heroes and often forsake their own mental health, physical well-being, and others needs while providing for others.⁴

The 2025 Caregiving report issued by the American Association of Retired Persons (AARP) found that “one in every four adults is a caregiver...[of which] 29% are sandwich generation caregivers, supporting both children and adults.”⁵ The work of caregiving is incredibly challenging and demanding. In the United States, “64% of caregivers experience moderate or high emotional stress, and 45% report significant

¹ <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025/>

² <https://nationaltoday.com/national-family-caregivers-month/>

³ <https://caregiverdoc.com/national-family-caregivers-month/>

⁴ <https://mwihealth.org/blog/national-family-caregivers-month/>

⁵ <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025/>

MOTION

MITCHELL _____

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October 20, 2026

physical strain...[and] 56% say they felt they had no choice in becoming a caregiver”⁶ with 25% who state that they feel alone in their role.⁷ “One in five caregivers report poor health; a quarter are taking on debt due to caregiving...[h]alf report negative financial impact due to caregiving, and one in five cannot afford basic needs like food.”⁸

Since 1994, the Caregiver Action Network (the National Family Caregivers Association) began promoting national recognition of family caregivers. This was an opportunity to not just make the public aware of the sacrifices of caregivers, but to celebrate these caregivers who give so much to their family and friends.⁹ In 1997, former President Bill Clinton signed the National Family Caregivers Week Presidential Proclamation and since then, every president has followed the practice.¹⁰

"Care Connect Us" is the 2026 campaign which aims to reframe caregiving from a niche issue to a shared human experience. This year's campaign invites caregivers to see themselves in each other. It reinforces the need for easy access to community support and trusted resources at every stage of a caregiving journey. The campaign builds connection, not just awareness, online, at home or at work, in communities, and across health conditions. It offers direct, meaningful, and relevant support systems that help caregivers deliver optimal care.¹¹

Caregiving will become even more prominent, and caregivers will be a role that

⁶ <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025/>

⁷ Id.

⁸ Id.

⁹ <https://caregiverdoc.com/national-family-caregivers-month/>

¹⁰ Id.

¹¹ <https://www.caregiveraction.org/wp-content/uploads/2026/08/2026-NFC-Month-Partner-Overview.pdf>

¹¹ For more information, visit <https://www.caregiveraction.org>.

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many will take on, involuntarily or voluntarily, and it is incredibly important for these caregivers to feel seen, supported, and appreciated.

I, THEREFORE, MOVE that the Board of Supervisors proclaim November 2026 as National Family Caregivers Month.

I, FURTHER MOVE, that the Board of Supervisors direct the Department of Aging and Disabilities and County Communications to provide links to resources and information for caregivers to help them in their role as they serve their family and friends on the respective websites.

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