

Parent, Spouse, Daughter, Son.
Also known as America's family caregivers.



November is National Family Caregivers Month.

In addition to providing emotional and physical support, family caregivers often give much more to those in their care. Nearly 40 percent of family caregivers reduce their work hours or quit their jobs, plus spend an average of more than \$5,500 of their own money annually to help provide the care they give. Yet amazingly, unpaid family caregivers provide 90 percent of the long-term care in the U.S. So this November, be sure to remember and recognize the family caregivers you know. For more details, visit www.thefamilycaregiver.org.