



Green River Area Development District

MEDIA RELEASE

FOR IMMEDIATE RELEASE

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November is National Family Caregivers Month

According to the Administration for Community Living, every year at least 53 million people provide informal – and usually unpaid – care and support to aging family members and people of all ages with disabilities. Millions of older adults and people with disabilities would not be able to live in their communities without essential family caregiving support. Replacing this support with paid services would cost an estimated \$470 billion per year. In addition, nearly 3 million grandparents – and an unknown number of other kinship caregivers – care for children whose parents are unable to do so.

Caregiving is about the relationship between the person who's caring for somebody and the person who's receiving that care. It often carries with it physical, financial, and emotional consequences – and the pandemic has only magnified these challenges. While family caregiving comes with rewards, it also comes with challenges for the caregiver who may not receive the support needed for their own health and well-being. Without support, the caregiver's quality of life can suffer. The unpaid care provided results in an estimated lost income of \$522 billion each year.

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The Green River Area Agency on Aging & Independent Living provides support to family caregivers through the Family Caregiver Support Program (FCGSP), which is designed to provide education, training, support groups, and coordinate respite for those caring for older adults or for grandparents raising their grandchildren. In addition to services provided through the FCGSP, GRADD staff helps explore additional services and resources to meet the caregiver's needs.

“Providing ongoing care to a relative is a reality for people from all walks of life, and the impact of caregiving stretches beyond the immediate caregiving relationship,” says Kelli King, FCGSP Coordinator. “The Family Caregiver Program provides valuable support to families to help alleviate some of the adverse impact resulting from the financial and emotional strains experienced by most family caregivers.”

Caregivers can find helpful information on the Caregiver Action Network (www.caregiveraction.org).

For more information, please contact Kelli King at 270-852-1328 or kelling@gradd.com.

The Green River Area Development District (GRADD) is a regional planning agency and council of governments serving the communities of Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. GRADD offers assistance in the fields of aging, health, and social services; community and economic development; transportation planning; and workforce development. Our mission is to afford local governments and citizens a regional forum to identify issues and opportunities, and to provide leadership in planning and implementing programs to improve the quality of life in our district.