

of

National Family Caregivers Month

Caregiving Around the Clock

- WHEREAS,** over 90 million Americans today are family caregivers for their loved ones; and
- WHEREAS,** a large number of them are finding themselves providing care 24-hours a day/7-days a week; and
- WHEREAS,** although caregiving can be a rewarding experience, it is not without its consequences such as stress, poor health, and caregiver burnout; and
- WHEREAS,** six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and work full- or part-time. In addition, they have the added responsibility of managing medications for their loved one. Whether it be for a senior with Alzheimer's or a child with special needs the required attention can be non-stop; and
- WHEREAS,** caregiving affects the whole family, family time and mealtime are extremely important in the caregiving setting. Ensuring that the caregiver and family members get the proper nutrition is important for maintaining strength, energy, stamina, and a positive attitude; and
- WHEREAS,** making time for yourself and the family protects a family caregiver's own health, strengthens family relationships, prevents burnout and can enable a care recipient to stay at home up to three times longer. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today; and
- WHEREAS,** with the responsibility of family caregivers in our country is growing every year, it is even more essential to encourage these heroes to take some time for respite so they may continue their mission of providing that loving care that only they can provide.

NOW, THEREFORE BE IT PROCLAIMED by the Board of Commissioners for the County of Buncombe as follows:

1. That this Board does hereby recognize November 2017 as

“National Family Caregivers Month”

in Buncombe County.

2. That all citizens be urged to thank the caregivers that they know and encourage and assist them in taking some time for relaxation and renewal.
3. That this proclamation be effective upon its adoption.

ADOPTED this the 3rd day of October, 2017.

**BOARD OF COMMISSIONERS FOR THE
COUNTY OF BUNCOMBE**

BROWNIE NEWMAN, CHAIRMAN