

# PROCLAMATION

WHEREAS, the Washington State Department of Social and Health Services estimates that there are somewhere between 600,000–850,000 unpaid caregivers in Washington state—people who help someone age 18 or older who needs regular care to remain at home rather than moving to a care facility—making family caregivers the backbone of our long-term care system; and

WHEREAS, an estimated 30 percent of family caregivers in this state reside in Seattle and King County; and

WHEREAS, the Seattle Human Services Department’s Aging and Disability Services division is appointed by the State of Washington to serve as the Area Agency on Aging for Seattle and King County, and they coordinate and train Community Living Connections network providers to answer questions and provide resources related to aging, disabilities, and caregiving; and HSD/ADS caregiver support specialists provide direct support; and

WHEREAS, Seattle Parks and Recreation’s Lifelong Recreation, Dementia-Friendly Recreation, and Sound Steps programs are a real boon to family caregivers, and the City of Seattle maintains strong partnerships with Momentia Seattle—a coalition of organizations offering activities for people living with memory loss and their caregivers—as well as the Alzheimer’s Association, UW Medicine/Brain Health & Wellness Center, and Washington State Dementia Action Collaborative; and

WHEREAS, some family caregivers don’t recognize themselves as such, they just take care of meal preparations, medical appointments, household chores, bill paying, errands, yard work, and repairs, and provide emotional support and reassurances for a loved one on a routine basis; and

WHEREAS, caregiving can be one of life’s most rewarding experiences; however, most family caregivers experience highs and lows, with significant stress, frustration, anxiety, and exhaustion, and potentially anger and depression, as they balance work and family responsibilities and personal time; juggle out-of-pocket expenses; ensure safety; make end-of-life decisions; and manage challenging behaviors and conditions such as memory loss and incontinence; and

WHEREAS, many unpaid caregivers experience financial stress due to lost wages and have difficulty recruiting and managing competent respite care and other support services; and

WHEREAS, basic caregiver support services are available to all unpaid primary caregivers in Washington state, regardless of income or assets, including professional assessment to determine stressors; information and referrals for training and/or support groups; and problem-solving and coaching; and

WHEREAS, Seattle-King County participates in Washington State's Medicaid Transformation demonstration project that allows additional services for older people and their caregivers when the person receiving care has low income and few assets but may or may not qualify for Medicaid; and

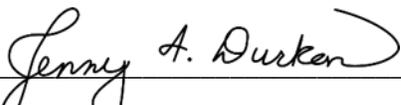
WHEREAS, November is national Family Caregiver Support Month; and

WHEREAS, the Mayor's Council on African American Elders, Age Friendly Seattle, Seattle Human Services, and community partners present an annual African American Caregiver Forum in November; and

WHEREAS, the Mayor and Seattle City Council recognize family caregivers as contributors to the strength of families and communities; we encourage individuals who are able to provide respite for a family caregiver for a couple hours, a day, or overnight; and we encourage all Seattle residents to take time to learn about services that can support their physical, mental, and emotional wellbeing,

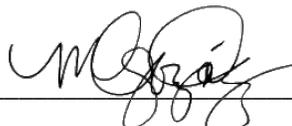
*NOW, THEREFORE, THE MAYOR AND THE SEATTLE CITY COUNCIL PROCLAIM NOVEMBER 2021, TO BE*

## **Family Caregiver Support Month**



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Mayor Jenny Durkan



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Council President M. Lorena González



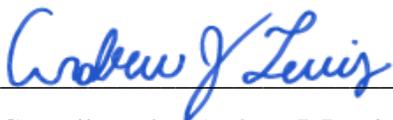
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Councilmember Lisa Herbold



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Councilmember Debora Juarez



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Councilmember Andrew J. Lewis



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Councilmember Tammy J. Morales

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Councilmember Alex Pedersen



Councilmember Kshama Sawant



Councilmember Dan Strauss