TEXAS Department of State Health Services

HEALTH PROMOTION & CHRONIC DISEASE PREVENTION

Governor Rick Perry Proclaims November 2014 Family Caregivers Month

On October 17, 2014, Governor Rick Perry encouraged all Texans to recognize the commitment and dedication of the nearly 3 million Texans who provide care and support to the chronically ill or disabled by proclaiming November 2014 to be Family Caregivers Month. In issuing the proclamation, Governor Perry recognized the dedication, patience and love demonstrated by the family caregivers who provide much-needed help with health care and other physical needs, as well as invaluable emotional support.

Are you providing care for someone you love who has Alzheimer's disease? You're not alone. In 2013, 1.3 million unpaid caregivers in Texas provided 1.5 billion hours of unpaid care to the 330,000 Texans with Alzheimer's disease, at an annual cost of $18.5 billion. Most of these caregivers were family members.

We honor your commitment and encourage you to remember your own health and well-being as you care for another. Being a caregiver is rewarding, but it can also be stressful — mentally, physically, emotionally and financially.

Community partners and stakeholders, please join us in recognizing and supporting the wonderful caregivers in Texas.

Resources for Caregivers

If you would like to learn more about caregiving and support in your community, or if you want to talk with someone, these resources can help.

Alzheimer's Association 1.800.272.3900 TDD: 1.866.403.3073 www.alz.org	The Alzheimer's Association 24/7 Helpline provides reliable information and support to people with memory loss, caregivers, health care professionals and the public. **Call them toll-free anytime day or night.**
Family Caregiver Alliance www.caregiver.org	Visit this website for **caregiving information** and **support groups**.

Texas Department of Aging and Disability (DADS)	
Aging and Disability Resource Centers (ADRCs) **Area Agencies on Aging** (AAAs) 1-800-252-9240 1-855-937-2372	The ADRCs and AAAs support families and caregivers by increasing access to available **caregiver support services** in their communities.
Take Time Texas Respite Care	**Respite** care is a rest or a break from providing care for others, giving caregivers a temporary break in their responsibilities to care for themselves. **Visit this website to learn about respite care in your area.**