

Arizona Family Caregiver Month Proclamation:

WHEREAS, over 90 million Americans today are family caregivers for their loved ones; and

WHEREAS, there are over 804,000 Arizona informal family caregivers caring for a loved one, providing almost \$9.4B in unpaid care; 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, more than half (55%) of family caregivers report being overwhelmed by the amount of care their family member needs; and

WHEREAS, nearly 4 in 10 (38%) family caregivers report a moderate (20%) to high degree (18%) of financial strain as a result of providing care; 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, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim November 2018 as Arizona Family Caregiver Month.

In witness whereof, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona

Douglas Ducey

Governor

Done at the Capitol in Phoenix on this second day of October in the year Two Thousand and Eighteen and of the Independence of the United States of America the Two Hundred and Forty-Third.