

GOVERNOR DOUGLAS A. DUCEY

STATE OF ARIZONA
★
PROCLAMATION

WHEREAS, over 90 million Americans today are family caregivers for their loved ones; and
WHEREAS, there are over 300,000 Arizona family caregivers caring for a loved one with Alzheimer's Disease, providing almost \$4.5 billion 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, 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 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 2017 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 A. Ducey
GOVERNOR

DONE at the Capitol in Phoenix on this thirty-first day of October in the year Two Thousand and Seventeen and of the Independence of the United States of America the Two Hundred and Forty-Second.

ATTEST:

Michelle Reagan

SECRETARY OF STATE