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Family Caregivers – Essential to Vermont’s COVID-19 Crisis Response and Recovery *November is National Family Caregivers Month*

President Biden has [proclaimed](#) that November is National Family Caregivers Month. This is an opportunity to honor family caregivers as the backbone of our home and community-based support system for Vermonters who are aging or living with a disability. According to the [National Center on Caregiving](#), more than 40 million Americans, including 64,000 Vermonters, provide care for a loved one who has a disability, is chronically ill, or is aging, and spend an average of 20 hours per week providing care.

Healthcare systems and beyond are currently challenged by limited staffing. This makes the work of Vermont’s family caregivers that much more heroic, as they do their part to meet caregiving needs while balancing other responsibilities and commitments. That balance is centered in the campaign that the Caregiver Action Network is running this month, titled [#CaregiverAnd](#). The campaign celebrates the identities and passions of family caregivers and encourages caregivers to practice self-care and not overlook their own needs. The needs of older Vermonters and their family caregivers were assessed by the Department of Disabilities, Aging & Independent Living and the results have been made available through a [report](#).

Much attention is being paid to the needs of family caregivers at the national level as well. The RAISE Family Caregivers Act established the Family Caregiving Advisory Council which delivered its [initial report](#) to Congress earlier this year. The report includes comprehensive review of the current state of family caregiving and 26 recommendations for how the federal government, states, and communities, in partnership with the private sector, can better recognize, assist, include, support, and engage (RAISE) family caregivers.

If you or someone you know is a family caregiver of an older Vermonter, call the Area Agencies on Aging Helpline at 1-800-642-5119 to find out about caregiver support in your region. Other Vermonters should call 2-1-1.

About the Department of Disabilities, Aging & Independent Living (DAIL):

Our mission is to make Vermont the best state in which to grow old or to live with a disability - with dignity, respect and independence.

<http://dail.vermont.gov/>

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