



News for Immediate Release

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Department of Aging Recognizes November as Family Caregiver Month

Harrisburg – Department of Aging Secretary Brian Duke is encouraging Pennsylvanians to recognize and support people who serve as caregivers, highlighting November as National Family Caregivers month.

“Family caregivers are on the frontlines caring for relatives and loved ones, but their important work too often goes unacknowledged,” said Duke. “As our older adult population grows, more people will assume the role of caregiver. National Family Caregiver month focuses attention on providing support for these dedicated people.”

Pennsylvania has an estimated 1.2 million unpaid caregivers, making it the fourth-largest population of caregivers in the nation. They contribute more than 1,300 hours of service and an estimated \$13,000 of free service every year. As the older population increases, more adults will assume the role of the caregiver.

Supporting caregivers is essential for their health and well-being. According to a 2009 survey conducted by the National Alliance on Caregiving and AARP, 23 percent of respondents who worked as caregivers for five or more years reported a decline in their health.

The Department of Aging assists caregivers through its Family Caregiver Support Program, which offers information, respite care, training in caregiving skills, assistance with home modifications and financial assistance for some out-of-pocket expenses. The program is administered through local Area Agencies on Aging.

For more information about the Family Caregiver Support Program, visit www.aging.state.pa.us.

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