

Adult Day Self-Care Newsletter

November 2021

Family Caregivers

Most people with dementia (80%) receive care at home. This means that family members and friends are providing many hours of unpaid care. Most of these caregivers are women (about two-thirds). Many are age 65 or older (34%) and may have long-term health conditions of their own. Many provide care to an aging parent while also caring for children under age 18 (about 25%). This is not a short-term situation—over half of family caregivers for people with dementia provide care for at least four years, with most expecting to provide care for up to nine years. While many caregivers are grateful for the opportunity to support their family member, they also report stress and strain. One challenge is finding the time and energy to take care of themselves. For example, family caregivers may neglect their own healthcare, skipping routine check-ups. When considering all unpaid caregivers, not just those providing care for someone with dementia, over one-third report getting less than the recommended 7 hours of sleep each night. Adult Day Center staff provide much needed support every day to family caregivers and make it possible for them to do what they do!

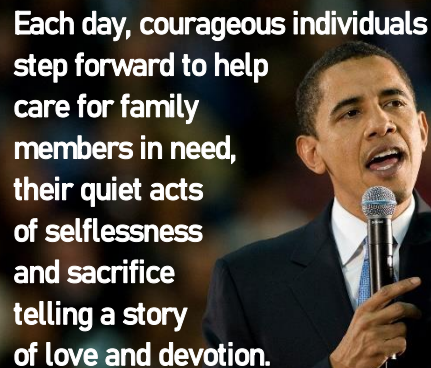
Acts of Kindness

What will you do to celebrate World Kindness Day on November 13? Do something simple, like smile at a stranger. Give someone a compliment. Pick up litter. Shop local. Share a positive quote. Or send a card or letter to someone you care about. It doesn't take much to brighten someone's day. If you do, it's likely they'll pay it forward, spreading kindness beyond what you do. Want to go big? Consider joining the 10th annual Worldwide Flashmob as part of [Dance for Kindness](#) on Sunday November 14.



Visit the Random Acts of Kindness Foundation for information and inspiration. Download a free monthly Kindness Calendar!

Statistics on caregivers are from the US Centers for Disease Control and Prevention (www.cdc.gov)



Each day, courageous individuals step forward to help care for family members in need, their quiet acts of selflessness and sacrifice telling a story of love and devotion.

National Caregivers Month

In 2012, then President Barack Obama issued a [proclamation](#) declaring that November is National Caregiver Month. As he put it, "Family caregivers have an immeasurable impact on the lives of those they assist, but their hours are long and their work is hard. Many put their own lives on hold to lift up someone close to them." Care2Caregivers is proud to offer support and resources to families supporting people with memory loss.



Follow Us on Facebook

Our Facebook page is updated regularly with inspirational and informational messages. You also can find videos of past events and notices of upcoming events. For example, check out these recordings of past events:

- [Gratitude: Mindful Moments](#) (55 minutes)
- [World Alzheimer's Day](#) (57 minutes)

Our [website](#) includes additional resources.



Gratitude

Do you take a moment every day to appreciate what you have? Not just the material things, but the natural world around you, the people you care about, and your personal talents?

Gratitude *practice* is when you take time on purpose to list what you are grateful for—either in a journal, a message to a friend, or just in your own mind during a quiet moment.

Researchers have studied gratitude practice and found that regular practice is associated with increased well-being, life satisfaction, positive mood, and quality of life. One interesting finding from a recent study¹ shows gratitude practice leads to better sleep, which will be valuable as we “fall back” and lose an hour on November 7!

¹Boggis et al. (2020). A systematic review of gratitude intervention: Effects on physical health and health behaviors. *J of Psychosomatic Research*, 135, 110165.



visit our website www.care2caregivers.com for information on caregiver support groups

For More Information

As always, you can access the Self-Care resources on our website for free.

Self-Care for Caregivers
www.care2caregivers.com/self-care

In addition to resources and supports available through Care2Caregivers, these websites have information and tools you can use.

Caregiver Action Network
www.caregiveraction.org

Family Caregiver Alliance
<http://caregiver.org>

National Alliance for Caregiving
www.caregiving.org

The National Family Caregiver Support Program at the federal Administration for Community Living has social media downloads available at <https://acl.gov/news-and-events/downloads-and-multimedia/NFCM>

Upcoming Caregiver Education

November 30, 2021 at 1:00 pm
National Family Caregivers Month:
Sharing Caregiver Stories, Strategies and Strengths

Join us for an hour of Sharing Stories, Strategies and Strengths. Learn how you can flourish in the midst of the challenges of caregiving. Special guest speaker Michelle Murphy, family caregiver and AARP National Lead Volunteer Trainer.

Click here to register:
<https://rutgers.zoom.us/meeting/register/tjAvceuuqiRGNjFdpNActf57LXv7X02amGN>

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