

## ABOUT THIS GUIDE

As we continue our efforts to recognize family caregivers, we have a crucial opportunity to amplify the recognition of family caregivers nationwide. We're counting on you to take action and help get your state to proclaim November 2025 as National Family Caregivers Month.

## Why This Matters

- Raises public awareness about family caregiving
- Provides official recognition of caregivers' contributions
- Helps promote caregiver support programs and resources
- Creates media opportunities to highlight caregiver issues
- Supports advocacy efforts for caregiver-friendly legislation

## HOW TO USE THESE TEMPLATES

We've made it simple for you to request your state's proclamation. This proclamation template toolkit has everything you need:

This Toolkit Includes:

- Template state proclamation for legislators
- Template state proclamation for Governors
- Ready-to-customize template emails requesting a state proclamation via your legislature or governor.

**Share Your Story:** Include your personal caregiving experience when contacting officials. Your story can have a powerful impact.

**Follow-Up:** After sending your initial request, follow up with phone calls or additional emails to ensure your message is received.

For assistance or questions, please don't hesitate to reach out at [info@caregivernetwork.org](mailto:info@caregivernetwork.org)

## PROCLAMATION REQUEST EMAIL TEMPLATE: LEGISLATURE

**Subject:** Request for National Family Caregivers Month Resolution

Dear [Representative/Senator] [Last Name],

As a constituent in your district and a member of the [Organization], which is part of the Caregiver Nation Network, I am writing to respectfully request you introduce a resolution for National Family Caregivers Month in November. For your convenience, I have attached a template resolution.

National Family Caregivers Month is important because it recognizes the contributions of the nearly [number of family caregivers] in [state] who provide an estimated [amount of unpaid economic impact in your state] of unpaid care by supporting those with chronic illnesses, disabilities, and aging. A resolution recognizing National Family Caregivers Month in [state] helps:

1. Raise awareness of caregivers' contributions to society and the health care system
2. Highlight the urgent need for expanded support and resources
3. Demonstrate our state's commitment to family caregivers

I believe this aligns with your work commitment to [insert how it connects to the legislators' priorities (ie. healthcare, labor, families, etc)]. By acknowledging National Family Caregivers Month, we take an important step toward ensuring family caregivers receive the recognition and support they deserve.

I'd be happy to provide more information or discuss this further. Thank you for your time and your service to our district.

Sincerely,

[Your Name]

[Your Title/Organization]

[Your Contact Information]

## **FAMILY CAREGIVERS MONTH RESOLUTION TEMPLATE: LEGISLATURE**

[STATE NAME]  
[HOUSE/SENATE/LEGISLATURE] 2025  
RESOLUTION NO. [Number]

A RESOLUTION recognizing November 2025 as National Family Caregivers Month in [State]

*WHEREAS*, family caregivers and the direct care workforce provide indispensable support and services that advance the well-being and quality of life for the state's older adults, as well as those living with chronic illnesses and disabilities; and

*WHEREAS*, 63 million Americans now serve as family caregivers—a staggering 45 percent increase since 2015—meaning nearly one in every four adults provides ongoing care for a loved one facing serious health conditions or disabilities; and

*WHEREAS*, approximately [Insert Number] [Insert State] residents serve as unpaid family caregivers, collectively contributing an estimated [Insert Amount] in unpaid care each year; and

*WHEREAS*, family caregivers deliver a broad array of essential supports, such as personal care, medical and nursing tasks, medication management, care coordination, transportation, and financial assistance; 45 percent provide high-intensity, complex care; nearly one-third care simultaneously for both an adult with disabilities or complex medical needs and a minor child at home, with this "sandwich generation" responsibility borne by 47 percent of caregivers under age 50; and

*WHEREAS*, family caregivers endure significant physical, emotional, and financial pressures—64 percent report moderate to high emotional stress; 47 percent face negative financial impacts; one in five rate their own health as fair or poor; and one in four struggle to maintain their personal well-being due to caregiving demands; and

*WHEREAS*, the face of caregiving is changing, with up to 26 percent of caregivers now aged 35 to 49—a marked rise since 2020—and roughly 4 million children under age 18 assisting their families in the care of adults, reflecting dynamic demographic shifts and expanding the scope of caregiving across generations; and

*WHEREAS*, seven in ten working-age caregivers (18 to 64 years old) are employed, and half of all working caregivers report workplace impacts such as arriving late, leaving early, or taking time off to fulfill their caregiving responsibilities, highlighting the economic and occupational challenges faced by caregivers; and

*WHEREAS*, supporting family caregivers is vital to sustaining the healthcare system and ensuring quality care for the state's most vulnerable residents;

NOW, THEREFORE, BE IT RESOLVED BY THE [HOUSE/SENATE/LEGISLATURE] OF THE STATE OF [STATE NAME]:

SECTION 1. The [HOUSE/SENATE/LEGISLATURE] hereby recognizes November 2024 as "National Family Caregivers Month" in [State Name].

SECTION 2. The [HOUSE/SENATE/LEGISLATURE] encourages all residents to recognize and support family caregivers in their communities.

SECTION 3. The [HOUSE/SENATE/LEGISLATURE] acknowledges the importance of supporting policies and programs that address the needs of family caregivers.

SECTION 4. The Secretary of [Relevant Department that handles caregiving services in your state] shall transmit copies of this resolution to appropriate state agencies and organizations.

[Name and Title for Signature: Speaker of the House/Senate President]

[Name and Title for Chief Clerk/Secretary of the Senate]

ADOPTED: [Date]

## PROCLAMATION REQUEST EMAIL TEMPLATE: GOVERNOR

**Subject:** Request for November National Family Caregivers Month Proclamation

Dear Governor [Last Name]:

I am writing on behalf of [Organization], a member of the Caregiver Nation Network, to respectfully request that you issue a proclamation for National Family Caregivers Month this November in our state.

Family caregivers are the backbone of our long-term care system, offering critical support to older adults and those with chronic illnesses and disabilities. In the United States there are over 63 million family caregivers and nearly [number of family caregivers in state] in [state] who provide an estimated [amount of unpaid economic impact in state] of unpaid care.

As our population ages, the demand for caregiving will only increase. A proclamation would:

1. Raise awareness of caregivers' contributions to society and the health care system
2. Highlight the urgent need for expanded support and resources
3. Demonstrate our state's commitment to family caregivers

I have attached a draft template for the proclamation for your convenience. Please feel free to modify it as needed. Thank you for your consideration of this important matter. By acknowledging National Family Caregivers Month, we can take an important step toward ensuring caregivers receive the recognition and support they deserve.

I'd be happy to provide more information or discuss this further. Thank you for your time and your service to our state.

Sincerely,

[Your Name]

[Your Title/Organization]

[Your Contact Information]

## **FAMILY CAREGIVER MONTH PROCLAMATION TEMPLATE: GOVERNOR**

STATE of [NAME]  
OFFICE of the GOVERNOR  
PROCLAMATION

*WHEREAS*; family caregivers and direct care workforce provide critical support and services that promote the well-being and enhance the quality of life of the state's older adults and those with chronic illnesses and disabilities; and

*WHEREAS*; [number of family caregivers] family caregivers in [STATE] perform a variety of complex and essential tasks, including bathing, dressing, medication management, service coordination, financial assistance, transportation, and various medical or nursing tasks, providing an estimated [amount of unpaid economic impact in state] of unpaid care by supporting loved ones with chronic illnesses, disabilities, and aging; and

*WHEREAS*; like many sectors across the state and country, the paid direct workforce in [STATE] is facing a hiring and retention crisis that negatively impacts the ability of families across the state to obtain the care they need, which has resulted in more family members providing care to loved ones; and

*WHEREAS*; many family caregivers often struggle to meet their own personal and occupational needs, as well as the needs of others in their households, and they too, require support to stay well and be healthy; and

*WHEREAS*; [STATE] have gone above and beyond to serve individuals in their care, often reducing hours at work, taking lower-paying jobs that offer more flexibility to provide care, or leaving the workforce entirely to care for loved ones; and

*WHEREAS*; resources and services to support family caregivers are available statewide through the Department of Health Services and local aging and disability centers, and on this occasion, the state of [STATE] reaffirms its commitment to expanding these supports and ensuring [insert state demonym] who depend on the services of family caregivers have access to affordable, quality care that allows them to live with dignity and respect; and

*WHEREAS*; this month provides all [insert state demonym] with the opportunity to celebrate family caregivers throughout the state for their innumerable contributions and personal sacrifices in service to the health and well-being of friends, family members, and loved ones;

*NOW, THEREFORE*, I, [Governor's Name], Governor of the State of [Name], do hereby proclaim November 2025 as NATIONAL FAMILY CAREGIVERS MONTH throughout the State of [Name] and I commend this observance to all State's residents. IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of [Name] to be affixed. Done at the Capitol in the [City] this [DATE] day of [MONTH] in the year 2025.

[Insert Governor's Signature]

[Date]