

A photograph of a man and a woman embracing outdoors. The man, on the left, has short dark hair and a beard, wearing a green polo shirt and a blue lanyard with a badge. The woman, on the right, has short reddish-brown hair, wears glasses, a pearl earring, and a gold necklace. They are both smiling. The background is a blurred green landscape.

2025 FAMILY CAREGIVER MONTH TOOLKIT

HOME AND COMMUNITY LIVING ADMINISTRATION



WHAT'S INSIDE THE TOOLKIT

TABLE OF CONTENTS

- 1** Campaign Overview
- 2** Social Media Posts
- 4** Campaign Images
- 5** Press Release
- 6** Newsletter Articles
- 8** Caregiver Self-Care
- 9** Posters
- 10** Family Caregiver Learning Portal

FAMILY CAREGIVER MONTH - NOVEMBER 2025

HCLA Website: www.dshs.wa.gov/altsa

Washington Community Living Connections Website: www.waclc.org

DSHS Website: www.dshs.wa.gov/

#Caregiver #FamilyCaregiverMonth



FAMILY CAREGIVER MONTH OVERVIEW

November is Family Caregiver Month, and during this month, we want to raise awareness not only of what caregiving is, but also of how essential caregiving is as part of our long-term services and supports system. Washington is home to more than 820,000 unpaid family kinship caregivers caring.

Please join us in celebrating these caring individuals by doing the following:

- Share our social media posts
- Post our recommended content on your social media platforms
- Include information about caregiving in your internal and external newsletters
- Display our posters in your offices and buildings!

JOIN OUR COLLECTIVE SOCIAL MEDIA CAMPAIGN!

Please use your organization's social media platforms to help raise a unified voice promoting awareness for family caregiving. The following copy is meant to provide loose suggestions and messaging ideas. Feel free to edit the text to fit your brand's voice and tone!

- We want to take a moment to recognize the unpaid family kinship caregivers in Washington State who work tirelessly to care for their loved ones. Your dedication and selflessness are truly inspiring. #FamilyCaregiverMonth #familycaregivers #WashingtonState #caregiving #unpaidcaregivers
- Let's give a round of applause to the unsung heroes of our community - the unpaid family caregivers. Thank you for your invaluable work and the sacrifices you make every day. #FamilyCaregiverMonth #caregivers #WashingtonState #family #community #appreciation
- Today, we celebrate the unpaid family kinship caregivers in Washington State who provide vital support to their family and friends. Your tireless efforts do not go unnoticed. Thank you for all that you do. Find caregiving skills training, self-care, advice for dementia related behaviors, etc. at wacaregivingjourney.com #FamilyCaregiverMonth #familycaregivers #WashingtonState #support #thankyou #caregiving
- Washington has an ever-increasing number of kinship caregivers such as grandparents, uncles, aunts, cousins and siblings stepping up to care for children whose parents are unwilling or unable to parent. This November, we recognize these selfless individuals during Family Caregiver Month. #FamilyCaregiverMonth #familycaregivers #WashingtonState #support #thankyou #caregiving
- Family caregiving can be rewarding and an honor and can also come with a challenge. Caregivers often must juggle multiple priorities and manage health emergencies. If you are a caregiver in need of support like respite care, skills education, support groups, etc., please visit the Washington Community Living Connections website or call 1-855-567-0252. Let's all take a moment this month to recognize and appreciate the hard work and dedication of family caregivers. #FamilyCaregiverMonth
- Hundreds of thousands of family members across Washington are caring for a person living with memory loss or dementia. The Dementia Road Map: A Guide for Family and Care Partners provides information, tips and resources for the journey. To view or order, visit [Individuals and Families | DSHS](#) and find the document link. #FamilyCaregiverMonth
- The Dementia Legal Planning Toolkit helps individuals with memory loss and their family members and caregivers to plan for the future. To view or order, visit [Individuals and Families | DSHS](#) and find the document link. #FamilyCaregiverMonth
- The Dementia Legal Planning Program can help older adults or people living with dementia of any age, in Washington state, complete their Powers of Attorney and Health Directive forms. To learn more, call the DLP phone line at 425-780-5589 or visit <https://www.probonocouncil.org/dementia-legal-planning>

HELPFUL TOOLS

Website link: www.waclc.org **Official Hashtags:** #Caregiver #FamilyCaregiverMonth



Photos and Images: Please feel free to use any of the graphics available to download in the toolkit or use your own images to help share the story!

- If you are providing care for a family member or friend and need a break, respite care can provide you with a short period of relief so that you can attend to your own needs. The Pathways to Respite toolkit is an excellent resource that can help you understand what respite care is and how you can access it. Check out the toolkit at <https://www.dshs.wa.gov/sites/default/files/AL TSA/tbi/documents/Pathways-to-Respite.pdf> and take a step towards taking care of yourself while you take care of others. #FamilyCaregiverMonth
- Attention to all kinship caregivers in Washington state! If you are a relative or a close friend who provides care to a child that is not your own, there is assistance available to you. DSHS provides several support services to kinship caregivers, including financial assistance, health care coverage, and access to resources. Please visit the [Kinship Care webpage](#) to learn more and access the support you need as a Kinship Caregiver. You may find additional resources at the [Pathways for Respite webpage](#)
- Make your voice heard! Washington state is creating an Age- and Dementia-Friendly action plan. The action plan will guide how we plan for more inclusive, supportive communities where people of all ages can thrive.

The next step is to survey adults living in Washington and use the results, alongside other statewide data and community input, to develop an action plan.

Your voice matters – share your feedback to help improve the way people age in Washington State. Use this link - <https://doh.wa.gov/age-and-dementia-friendly-washington-survey>

- By 2040, a vast majority of counties in Washington will have at least one in five residents over age 65. Age-friendly communities consider goals to promote high quality of life for each person regardless of age, allowing older people and their family care partners the opportunity to live with remain active in their community.

Together, we can build communities that support dignity, independence, and connection for all.

Help shape a more inclusive, age- and dementia-friendly future for our state. Use this link - <https://doh.wa.gov/age-and-dementia-friendly-washington-surveyhttps://doh.wa.gov/age-and-dementia-friendly-washington-survey>.

- Are you or a family member or friend serving as an unpaid caregiver in Washington state? If so, check out the Washington Family Caregiver Learning Portal for resources, including articles, videos, helpful tips, webinars and online support groups. Visit wacaregivingjourney.com

APPROVED CAMPAIGN IMAGES

Download all the images below at: <https://www.dshs.wa.gov/altsa/home-and-community-services/family-caregiver-month-publicity-materials>



PRESS RELEASE

FOR IMMEDIATE RELEASE

Honoring Washington's Unpaid Family Caregivers: Governor Ferguson Proclaims November 2025 as a Month of Recognition

Washington state recognizes unpaid family and kinship caregivers during November for their invaluable assistance provided to loved ones, friends, and neighbors with chronic illness, disabilities, and other special needs. More than 820,000 family caregivers of adults in Washington State provide essential services, estimated to be worth over \$16 billion and 770 million hours annually.

Washington state is a national leader in providing long-term care services and support, with programs run by the Department of Social and Health Services, Home and Community Living Administration, thirteen Area Agencies on Aging, local partners, and federally recognized Tribes.

The need for family caregivers is increasing, with nearly 50,000 children living with grandparents as the head of household, and many other children living with neither parent. Additionally, more kinship caregivers, such as uncles, aunts, cousins, and siblings, are stepping in to care for children whose parents cannot or will not care for them.

The Dementia Action Collaborative is increasing awareness and availability of resources such as the Dementia Road Map: A Guide for Family and Care Partners to support more than 254,000 family members caring for a person with dementia. The DAC recently updated the Washington State Plan to Address Alzheimer's Disease and Other Dementias.

Innovative programs such as the Medicaid Transformation Project and WA Cares provide funding to help unpaid family caregivers take a break, learn new skills, and access self-care and wellness resources. The Senior Farmers Market Nutrition Program provides eligible older adults with an electronic benefit card worth \$80 to access fresh, unprepared, locally grown fruits, vegetables, honey, and herbs at participating farmers markets, farm, and roadside stands.

Given the expected increases in the state's older population, workforce challenges, and population shifts that will decrease the number of available family caregivers, comprehensive support for family caregivers is essential. Governor Bob Ferguson has proclaimed November 2025 as a month to honor and recognize the invaluable contribution of unpaid family and kinship caregivers.

As a community, we should support and celebrate family caregivers who provide essential services to their family and friends. We must also recognize that being an unpaid family caregiver can come at a cost to a person's mental and physical health and result in lost retirement savings. Let's ensure that these caregivers have access to the resources they need to continue their vital work.

NEWSLETTER ARTICLES

Please include information about family caregiving in your internal and external newsletter. Here are two articles you can use. You can copy and paste the text directly into your newsletter or modify it to meet your organization's needs.

Washington State Honors Unpaid Family Caregivers for their Vital Work

In November, Washington state honors unpaid family and kinship caregivers who help family and friends with chronic illness, disabilities, and other special needs. These caregivers are estimated to provide 770 million hours and over \$16 billion annually in unpaid essential services, and they play a vital role in our long-term services and supports.

Washington state is recognized as a leader in the nation for long-term care services and supports. Programs carried out by Washington Department of Social and Health Services, Home and Community Living Administration, thirteen Area Agencies on Aging, their local partners, and federally recognized Tribes are essential to support family caregivers.

The need for family caregivers is increasing rapidly, with nearly 50,000 children living with grandparents as the head of household, and there is an ever-increasing number of kinship caregivers such as uncles, aunts, cousins, and siblings stepping in to assume responsibility for children whose parents are unable or unwilling to parent.

The Dementia Action Collaborative is increasing the availability and awareness of supports and services for more than 254,000 family members caring for a person living with dementia, including resources such as the Dementia Road Map: A Guide for Family and Care Partners. The DAC recently updated the Washington State Plan to Address Alzheimer's Disease and Other Dementias.

To help unpaid family caregivers get a break from caregiving, learn new skills, and access self-care and wellness resources, innovative programs like the Medicaid Transformation Project and WA Cares, Washington's long term care trust, will bring new sources of funding.

The Senior Farmers Market Nutrition Program has expanded access to nutrition for eligible older adults with an electronic benefit card. This electronic benefit card provides \$80 for each eligible older adult to access fresh, unprepared, locally grown fruits, vegetables, honey, and herbs at participating farmers markets, farm, and roadside stands.

As the state's older population is expected to increase, and family caregivers are facing workforce challenges and population shifts that decrease the number of family members available to care for their older relatives, comprehensive supports for family caregivers are essential.

Therefore, Governor Bob Ferguson has proclaimed November 2025 as a month to honor and recognize the unpaid family and kinship caregivers who provide vital services for friends and family.

Let's support and recognize the incredible contributions of family caregivers who provide essential services. We should ensure that these caregivers have access to the resources they need to continue their vital work.

Washington State Offers Vital Support for Kinship Caregivers - Find Resources and Assistance Today!

If you are a grandparent, aunt, uncle, or other relative raising a child who is not yours by birth, you are a kinship caregiver. Kinship care is a term used for the raising of children by grandparents, other extended family members, and adults with whom they have a close family-like relationship, such as godparents and close family friends because biological parents are unable to do so for whatever reason.

As a kinship caregiver, you may be wondering what resources are available to help your newly formed family. The Washington State Department of Social and Health Services has many resources,

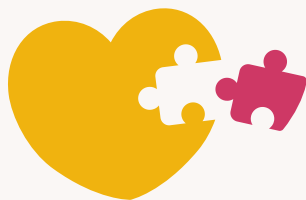
including Kinship Navigators in every county in Washington state. Kinship Navigators can help you find resources such as support groups, childcare resources, resources for children with special needs, educational advocacy, health care resources, financial help, emergent needs funding, durable goods, counseling, housing, legal resources, respite, and summer youth activities.

To find a Kinship Navigator, support group, or your local Area Agency on Aging, please visit www.dshs.wa.gov/kinship.



CAREGIVER SELF-CARE RESOURCE

Download flyer at: <https://www.dshs.wa.gov/altsa/home-and-community-services/family-caregiver-month-publicity-materials>



Self Care

Top 10 Self-Care Tips for People who are caring for others

Take care of yourself while caring for others.

Caring for others can take a toll on your mental and physical health. It is important to prioritize your own self-care to avoid burnout and provide better care for your loved ones. This poster is a reminder to take a break, practice self-care, and ask for help when needed.

Resources

[Hey Peers Caregiver Support Group](#)

[Washington Community Living Connections](#) 1-855-567-0252

[Caregivers.org](#)

[Family Caregiver Alliance](#)

[AARP Family Caregiving](#)

[Truista](#) Education and Support for Every Caregiver

[wacaregivingjourney.com](#)

1 Make Goals

If having time to yourself seems impossible, try making mini self-care goals. For example, set a goal this week to take 5 minutes to stretch or to do a breathing exercise every day.

2 Be Kind to Yourself

Give yourself credit for the complex work you are doing to care for your family member. Most caregivers say that caregiving can be rewarding AND challenging.

3 Exercise Most Days

Even for a few minutes. If you can't leave the person you are caring for alone, take them with you.

4 Get Outdoors

Fresh air and a new view are good for us in so many ways.

5 Get Enough Sleep

Research ways in which you can get at least 7 hours of sleep.

6 Treat Yourself

You are worthy! Take a walk, get a pedicure, etc.

7 Don't Ignore Your Emotions

Stay connected with friends, seek out other caregivers to talk to.

8 Read, Pray or Meditate 10 minutes a day

9 Laugh Often

Look for levity in your situation. Watch a funny movie.

10 Ask for Help

When people ask you what they can do to help, THEY REALLY DO WANT TO HELP! Give them the joy of helping.

POSTERS

Download and print posters to display in your office: <https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>



CARING FOR A LOVED ONE? YOU'RE NOT ALONE.

Let us help you provide better care to your loved one. Many caregivers in Washington are eligible to receive supports such as respite care, training and support groups.

Visit website at wacdc.org or scan QR Code



COMMUNITY LIVING CONNECTIONS
— LINKING YOU TO —
Personalized Care & Support Options



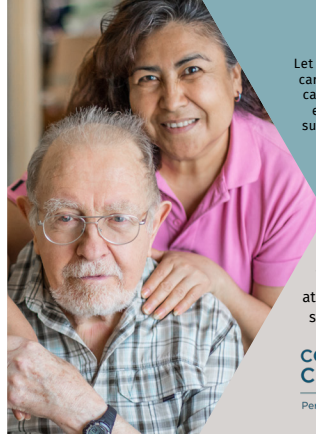
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FAMILY CAREGIVER LEARNING PORTAL

Download and print this poster to display in your office: <https://www.dshs.wa.gov/altsa/home-and-community-services/family-caregiver-month-publicity-materials>



We're here to help unpaid family caregivers

No one is born knowing how to take care of a person getting older, experiencing dementia or living with a disability. This online tool is free to all unpaid family caregivers in Washington.

Visit the Washington Family Caregiver Learning Portal.
Resources include:

- Articles
- Videos
- Tip sheets
- Webinars
- Online chat rooms and support groups

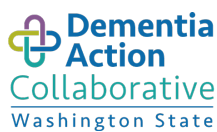
The portal can help family caregivers reduce stress, find local resources and provide more informed care for loved ones. All you need is internet access and a laptop, tablet or smart phone.



Check it out at
wacaregivingjourney.com

Families can learn about:

- Safety and injury prevention
- Behavioral changes in dementia
- Legal and care planning
- Importance of self-care
- And much more...



Washington
Family Caregiver Learning Portal
Powered by Trualta





MORE INFORMATION

For more information about family caregiving, visit

HCLA Website: <https://www.dshs.wa.gov/altsa>

Washington Community Living Connections: <http://www.waclc.org>

DSHS Website: <https://www.dshs.wa.gov/>

#Caregiver #FamilyCaregiverMonth

