



Snohomish County

John Lovick
County Executive

News release – Nov. 12, 2015

Contact: Rebecca Hover

Office: 425-388-3883

Email: Rebecca Hover@snoco.org

November is National Family Caregiver month

Snohomish County recognizes the incredible contribution family caregivers make in our community, and wants to remind them during National Family Caregiver month that they are not alone – support is available.

As people continue to live longer, more Americans are caring for someone with a chronic condition, disability or old age. In Washington, 830,000 family caregivers clock in nearly 770 million hours and \$11 billion annually in unpaid services. And many of them do this while holding down jobs, taking care of their family, and balancing other responsibilities.

Family caregivers represent all ages and all ethnic groups. They are wives, husbands, daughters, sons, neighbors, and friends. They cook meals, wash clothes, administer medications, provide direct care, and offer companionship. Without them, many people with long-term care needs would either be in costly institutions or live in isolation and be at high risk.

Caregiving can be both a source of deep personal reward and one of the most difficult tasks an individual or family may encounter. The challenges can be plentiful and intense. Services offered through the county's family caregiver support program provide valuable tools to help caregivers better manage the challenges they face each day.

Service providers for Snohomish County's Family Caregiver Support Program include:

- Senior Services of Snohomish County (425) 290-1240
- Stillaguamish Senior Center (425) 248-5276 or (425) 248-5156
- The Washington State Chapter of the Alzheimer's Association (206) 363-5500

A more in-depth description of the caregiver support services can be found at: <http://bit.ly/1MJJaKO>

###