2026 FAMILY CAREGIVER MONTH TOOLKIT



HOME AND COMMUNITY LIVING ADMINISTRATION

DSHS
WASHINGTON STATE
Department of Social and Health Services

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FAMILY CAREGIVER MONTH - NOVEMBER 2026

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

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 1.3 million 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!

FAMILY CAREGIVER MONTH (NOVEMBER) SOCIAL MEDIA POSTS

1. November is National Family Caregiver Month. We want to take a moment to recognize the unpaid family caregivers in Washington State who work tirelessly to care for their loved ones. Your dedication and selflessness are truly inspiring. Caregiving Resources #FamilyCaregiverMonth #familycaregivers #WashingtonState #caregiving #unpaidcaregivers

2. 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. Kinship Care #FamilyCaregiverMonth #familycaregivers #WashingtonState #support #thankyou #caregiving

3. Family caregiving can be a challenging and isolating experience, and caregivers often must juggle multiple priorities and manage health emergencies. If you are a caregiver in need of support, please visit the Washington Community Living Connections website or call 855-567-0252. Let's all take a moment this month to recognize and appreciate the hard work and dedication of family caregivers. #FamilyCaregiverMonth

4. Hundreds of thousands of family members across Washington are caring for a person with memory loss or dementia. The Dementia Road Map: A Guide for Family and Care Partners provides information, tips and resources for the journey ahead. #FamilyCaregiverMonth

5. The new Dementia Legal Planning toolkit helps individuals with memory loss and their family members and caregivers to plan for the future. #FamilyCaregiverMonth

6. November is National Family Caregiver Month. 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. The Caregiver Action Network has resources to support you and your family member's journey with care and compassion. #FamilyCaregiverMonth #caregivers

7. If you are providing care for a loved one 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. #FamilyCaregiverMonth

APPROVED CAMPAIGN POSTERS

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





PRESS RELEASE

Honoring Washington's Unpaid Family Caregivers

Since November is National Family Caregiver Month, Washington State is taking this opportunity to recognize unpaid family and kinship caregivers throughout November for their invaluable assistance provided to loved ones, friends, and neighbors with chronic illness, disabilities, and other special needs. Over 1.3 million family caregivers 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 supports, 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 42,000 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 over 213,000 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 Demonstration and WA Cares provide funding to help unpaid family caregivers take a break, learn new skills, and access self-care and wellness resources.

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 2026 as a month to honor and recognize the invaluable contribution of unpaid family and kinship caregivers who provide essential services to friends, neighbors, and loved ones with chronic illness, disabilities, and other special needs.

As a community, we support and recognize the incredible contributions of family caregivers who provide essential services to our loved ones that often are harmful to unpaid family caregivers mental and physical health and lost retirement savings. Let's ensure that these caregivers have access to the resources they need to continue their vital work. Visit Caregiver Resources on the DSHS website for more information.

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

This 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's 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 2026 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. For more information visit Caregiving Resources | DSHS.

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, housing, legal resources, respite, and summer youth activities.

To find a Kinship Navigator, support group, or your local Area Agency on Aging, please visit Kinship Care Support Services.



Caregiving in the US 2025: October 2025

Washington

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than 1 million (1,330,000) adults in Washington provide care to a family member or friend with complex medical conditions or disabilities — two in ten (22%) adults across the state.

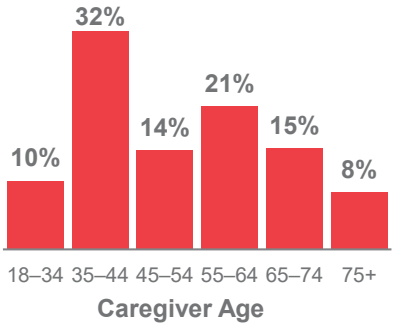
Most family caregivers in Washington care for an adult (94%) — most often a parent (44%). Twenty-three percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One-third of caregivers live in a household with income under $50,000 (33%). One-third of caregivers (32%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Two in five family caregivers live with their care recipient (41%).

On average, family caregivers are **52 years old** and care for someone **67 years old** in Washington.

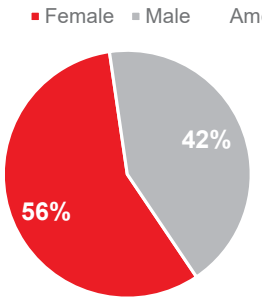
Over half of family caregivers work while also caregiving (55%).

Most family caregivers in Washington provide care to someone due to a long-term physical condition (55%).

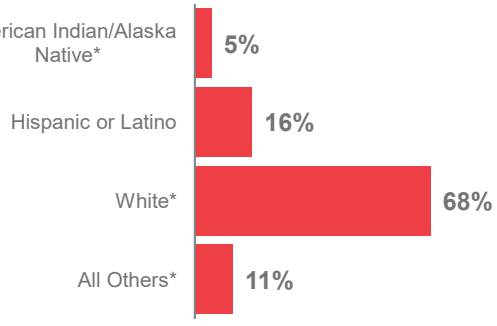
Demographics of Family Caregivers in Washington



Caregiver Age



Caregiver Gender



Caregiver Race and Ethnicity

*Non-Hispanic

FAMILY CAREGIVER LEARNING PORTAL

Download and print this poster to display in your office: TruAlta%20flyer.pdf



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…

Dementia Action Collaborative Washington State

Washington **Family Caregiver Learning Portal** Powered by Trualta

DSHS Washington State Department of Social and Health Services

DSHS 22-2227 (10/26)



MORE INFORMATION

For more information about family caregiving, visit

HCLA Website: https://www.dshs.wa.gov/home-and-community-living-administration

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

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

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