

PROCLAMATION

THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING

November 2021 as Family Caregiver Month

WHEREAS, family caregivers are a vital component of the healthcare team, providing care and support to individuals who are frail, elderly, chronically ill or living with a disability in facility, community and home settings; and

WHEREAS, there are an estimated 4.5 million caregivers in the state of California. Family caregivers are spouses, partners, adult children, other relatives, friends, or neighbors of adults with illness or disabilities. Most caregivers are women (53-60%) and often middle-aged, but currently 1 in 4 caregivers are Millennials; and

WHEREAS, family caregivers may experience considerable burden, stress, and disruption of their own well-being, employment, educational and social pursuits and are at increased risk for psychological and physical health problems; and

WHEREAS, COVID-19 has created a new cohort of people who are identifying themselves as caregivers for the first time and has added to the complexity of caregiving given the stay-at-home requirements, reduced access to health care services, and the vulnerability of individuals at higher risk; and

WHEREAS, The California Department of Aging contracts with and oversees the local Area Agencies on Aging (AAA) that coordinate a variety of services for older adults, adults with disabilities, informal caregivers, and family caregivers; and

WHEREAS, recognition is due to family caregivers for their dedication and commitment to improving quality of life for their friends and family members, often under conditions that impede their own physical, emotional and financial health and wellness; and

WHEREAS, it is vital to raise awareness about the critical role that family caregivers play in our society, and to continue to inform and advocate for interventions, services, and supports that promote optimal health, well-being, and quality of life for family caregivers and their care recipients;

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of November as **Family Caregiver Month** and encourage all County of San Mateo residents to pay tribute to those who provide care for their family members, friends, and neighbors in need.

Dated: November 9, 2021

SUPERVISORS:

DAVID J. CANEPA, PRESIDENT

DAVE PINE

CAROLE GROOM

DON HORSLEY

WARREN SLOCUM

Attest: _____
Deputy Clerk of the Board of Supervisors