November is National Family Caregivers Month

UC Davis aims to respect and support the role of the family caregiver. Many in our community find themselves caring for others who are elderly, ill, or disabled. We want to acknowledge, honor and validate that challenging work and provide helpful resources.

Events:

- **November 1**—”Role Reversal” Talking Estate Planning with your Older Loved Ones, [Webinar from Fidelity](#)
- **November 3**—UC Davis Alzheimer’s Disease Center [Annual Caregiver Workshop](#)
- **November 8**—Family Communication: Keeping it Healthy & Productive Workshop by [Del Oro](#)
- **November 27**—Common Caregiving Challenges, [Webinar from Bright Horizons Family Solutions](#)
- **November 28**—[Fall Prevention Webinar](#) and Guide for Caregivers, by National Council on Aging & Center for Healthy Aging

Resources:

- [Understanding Medicare](#), Webcasts from Fidelity
- Six Must Know Tips for [Making Hard Decisions](#)
- UC Davis Worklife [Adult/Elder Care page](#)
- UC Davis School of Nursing [Family Caregiving Institute](#)
- Home Alone Alliance (AARP partnering with Betty Irene Moore School of Nursing) [Family Caregiving Video Series](#)

- More than 1 in 6 Americans working full or part time report assisting with the care of an elderly or disabled relative or friend.
- 69% of working caregivers caring for a family member or friend report having to rearrange their work schedule, decrease their hours, or take an unpaid leave in order to meet their caregiving responsibilities.
- 39% of caregivers leave their job to have more time to care for a loved one. 34% leave because their work does not provide flexible hours.
- The average age of the family caregiver in the United States is 49.2 years old.