



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### FAMILY CAREGIVERS MONTH

- WHEREAS:** Every day, Georgians work around the clock so that their loved ones who are disabled, elderly, or injured may live with a measure of independence; and
- WHEREAS:** We call these individuals family caregivers, and they are essential to the health and well-being of citizens across our state; and
- WHEREAS:** Six out of ten family caregivers juggle their caregiving duties with everyday responsibilities. As they manage their households, prepare their children for school, and work either full- or part-time, family caregivers must advocate for their loved ones and make decisions that lead to the best care outcomes; and
- WHEREAS:** While caregiving can be a rewarding experience, it is not without its challenges such as stress, poor health, and caregiver burn-out; and
- WHEREAS:** By prioritizing self-care, a family caregiver can protect their personal health, strengthen family relationships, and prevent caregiver burn-out, enabling a care recipient to stay at home up to three times longer; and
- WHEREAS:** During Family Caregivers Month, it is important to celebrate the many contributions of caregivers and encourage communities, employers, and others to support their mission; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim November 2019 as FAMILY CAREGIVERS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 1<sup>st</sup> day of November in the year of our Lord, Two Thousand and Nineteen.



*B. P. Kemp*

GOVERNOR

ATTEST

*Terrell K. Fleming*

CHIEF OF STAFF