

FOR IMMEDIATE RELEASE  
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**Diane Cox**  
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***November is National Family Caregivers Month***

**Member  
Governments**

**COUNTIES**

Franklin  
Granville  
Person  
Vance  
Warren

**MUNICIPALITIES**

Bunn  
Butner  
Creedmoor  
Franklinton  
Henderson  
Kittrell  
Louisburg  
Macon  
Middleburg  
Norlina  
Oxford  
Roxboro  
Stem  
Stovall  
Warrenton  
Youngsville

Henderson NC – Governor Pat McCrory has proclaimed November to be Family Caregiver Month in North Carolina. This year's theme is, "Take Care to Give Care". The Kerr Tar Area Agency on Aging provides services to help individuals caring for their loved ones. In 2015, 15.9 million family and friends provided 18.1 billion hours of unpaid care to individuals with Alzheimer's and other dementias. Caring for these loved ones can create severe emotional, physical and financial stress to the individuals providing it. Due to the stress of managing all the caregiving responsibilities, family caregivers have a disproportionate number of health and emotional problems. A healthy diet or proper nutrition is one of the most effective ways to take care of yourself.

In addition, caregivers need to take time to rest and recharge. In Governor Pat McCrory's Proclamation, he recognizes, "helping North Carolina's family caregivers access and utilize respite services as a temporary, restorative break can protect a family caregiver's own health, strengthen family relationships, prevent burn-out and can enable a care recipient to stay home longer". The Kerr Tar Area Agency on Aging is aware of care givers needs and is committed to meeting those needs. Respite care vouchers have been secured and are available by contacting your local senior centers.

The Kerr Tar Area Agency on Aging also has a Family Caregiver Specialist who can assist families that need information on health and nutrition and is interested in area support groups. During National Family Caregivers Month, we remind caregivers to pay attention to their physical and mental health and to reach out for resources on how to get the proper nutrition, rest and respite.

The Kerr Tar Area Agency on Aging leads and is involved in the efforts that provide for the development and enhancement of comprehensive and coordinated community based systems of services, opportunities, and protections for older adults which assist them in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We serve five counties, Franklin, Granville, Person, Vance and Warren.

For more information about the Kerr Tar Area Agency on Aging, please call 252-436-2040.