

FOR IMMEDIATE RELEASE  
October 31, 2017

CONTACT: Laura Yeatts  
[lyeatts@kerrtarco.org](mailto:lyeatts@kerrtarco.org)

**Diane Cox**  
Executive Director

## **November is National Family Caregivers Month**

*Vance County Senior Center to Hold Public forum on Caregiving*

**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 Roy Cooper has proclaimed November to be Family Caregiver Month in North Carolina. This year's theme is, "Caregiving Around the Clock." Caregiving can be a 24-hour a day/7-days a week job. There are many caregivers who forget to take a break, ask for help, or may not know how to cope or handle stressful situations. Caregivers are recognized and highly appreciated for their unpaid hours of care, responsibilities, variety of roles, and unconditional support. The message behind this theme is to inform Family Caregivers that it is important to take care of yourself in order to provide the best care possible to ones you love.

The Kerr-Tar Area Agency (AAA) on Aging will hold a public forum on November 9<sup>th</sup> at the Vance County Senior Center, 126 South Garnett Street in Henderson at 11:00 a.m. The goal of the forum is to organize a monthly Caregiver Support group in Vance County. According to the North Carolina Division of Aging and Adult Services, the population of older adults will increase within the next two decades. In Vance County, 19 percent of the total population is made up of individuals 65 and better. By 2036, it is projected that there will be a 69 percent growth within the 65 and older population. The objective we want to accomplish as a region is to prevent major crisis from occurring within the lives of caregivers and their loved ones.

Providing care is stressful and can be time consuming. It requires commitment, communication, decision-making and most importantly, finding the right help. "Many caregivers remain isolated, which can result in depression and burnout," says Jillian Hardin, Kerr-Tar AAA Director, "this impacts both the health of the caregiver and the well-being of the care recipient." We encourage caregivers to attend the public forum and be part of a new support group in Vance County. Caregiver Support groups can help an individual feel supported, connect with others who might be experiencing similar situations, and learn about local resources.

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 contact our Family Caregiver Specialist at (252) 436-2040.