

National Family Caregiver Month (NFCM) Statewide Toolkit  
Week 5: Monday, November 25 - Friday, November 29, 2024



## Expand data, research, and evidence-based practices

- Shared data systems with consistent data sets
- More research on practices that benefit family caregivers
- Translation of research into interventions to support family caregivers

WFACSA's Toolkit aims to provide comprehensive resources and materials supporting unified messaging and outreach efforts across Wisconsin's 72 counties and 11 federally recognized tribes during November. The Toolkit also aims to equip local organizations, agencies, and relevant parties with tools to effectively promote NFCM in newsletters, social media, and print, engaging target audiences and amplifying the reach of the statewide campaign. When posting on your social media platform, don't forget to use [@WisconsinFamilyCaregiver](#) in the text of the posting. Using this generates more views to promote the campaign.

This year, the Toolkit will have weekly themes that showcase the [National Strategy to Support Family Caregivers' Five Goals](#).

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### Monday, November 25, 2024

#### ***Utilizing Evidence-Based Programs to Build Strong Caregivers***

- Did you know that family caregivers throughout Wisconsin can access evidence-based programs specifically designed to provide knowledge and support for the caregiving experience? Evidence-based programs (EBPs) have been rigorously tested in controlled settings, proven effective, and translated into practical models to impact community health positively.
  - [Powerful Tools for Caregivers](#)
  - [Savvy Caregiver](#)
  - For additional workshops and upcoming opportunities to participate, contact your local Aging & Disability Resource Center or visit the [Wisconsin Institute for Healthy Aging](#) website!

**For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:**

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- Yes, the number of family caregivers in the U.S. is steadily increasing. According to a 2020 report by AARP and the National Alliance for Caregiving, over 53 million Americans are providing unpaid care to family members, a significant rise from 43.5 million in 2015. This increase is driven by factors like an aging population, longer life expectancies, and more people managing chronic illnesses at home. [RAND Epstein Family Veterans Policy Research Institute](#) recently published a new 2024 study with newer data, "finding that over 40 percent of American adults, representing 105.6 million people, are caregivers to wounded, ill, or injured adults." [www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html](http://www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html)

A graphic with a dark blue background and a white speech bubble. The speech bubble contains the text: "DATA UPDATE" in a green box, the Wisconsin Family and Caregiver Support Alliance logo, and the quote: "More recent research by RAND shows that 'Over 40 percent of American adults, representing 105.6 million people, are caregivers to adults who are wounded, ill, or injured.'" Below the quote is the URL: <a href="http://www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html">www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html</a> . There is also a small illustration of a megaphone at the bottom right of the graphic. <p><b>DATA UPDATE</b></p> <p>More recent research by RAND shows that "Over <b>40 percent of American adults</b>, representing <b>105.6 million people</b>, are caregivers to adults who are wounded, ill, or injured."</p> <p><a href="http://www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html">www.rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html</a></p>	<p>You can download the image by clicking <a href="#">here</a>.</p>
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**Tuesday, November 26, 2024**

This statewide survey, sponsored by WFCASA, gathered input from family caregivers, focusing on their priorities. FAMILY CAREGIVERS IN WISCONSIN were asked to rate the importance of the five key goals outlined in the 2022 National Strategy to Support Family Caregivers and respond to the question: "Which goal is most important to you?"

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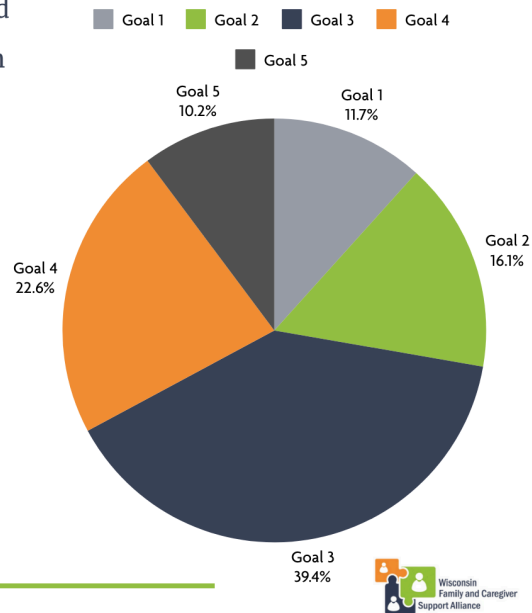
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You can download the image by clicking [here](#).

### Wisconsin Priorities for the National Strategy to Support Family Caregivers Survey

This statewide survey, sponsored by WFCASA, gathered input from family caregivers, focusing on their priorities. **FAMILY CAREGIVERS IN WISCONSIN** were asked to rate the importance of the five key goals outlined in the 2022 National Strategy to Support Family Caregivers and respond to the question: "Which goal is most important to you?"



#### Five Main Goals Proposed in the 2022 National Strategy to Support Family Caregivers

- Goal #1 - Increase awareness and outreach - 11.7%
- Goal #2 - Build partnerships and engagement with family caregivers - 16.1%
- Goal #3 - Strengthen services and supports - 39.4%
- Goal #4 - Ensure financial and workplace security - 22.6%
- Goal #5 - Expand data, research, and evidence-based practices - 10.2%

#### Conclusion:

In Wisconsin, when family caregivers were asked to rate the five main goals, the majority identified Goal #3—strengthening services and supports—as the most important to them.

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**Wednesday, November 27, 2024**

***Highlighting other Wisconsin Level Research - Leading the Way***

Wisconsin has long been a leader in driving research and evidence-based solutions for family caregivers. We thank our colleagues and partner agencies for prioritizing family caregivers in their study. Explore some of their excellent work today!

- [UWM Employed Caregiver Survey](#)
- [Respite Care Provider Training for States and Communities](#)
- [Survival Coalition Survey Results](#)
- [A Time for Me: A Virtual Program to Engage African American Caregivers](#)
- [Partner effects on caregiver and care recipient depressed mood: heterogeneity across health condition and relationship type](#)

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**Thursday, November 28, 2024**

***Highlighting Research Opportunities for Family Caregivers***

This week, we have highlighted Goal 5 of the National Strategy to Support Family Caregivers, which aims to expand data, research, and evidence-based practices. We've celebrated existing research and evidence-based practices but acknowledge we have a long way to go to ensure the nation has the knowledge and data required to support our family caregivers.

Today, we invite you to be part of the solution! Consider opportunities to participate in research that centers on family caregivers. Participating in research can be empowering and lead to advancements in improving the caregiving experience.

- [Family Caregiver Alliance - participate in a study](#)
- [Supporting Your Loved One in a Clinical Trial](#)
- [WRAP](#)
- [All of Us](#)

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Friday, November 29, 2024

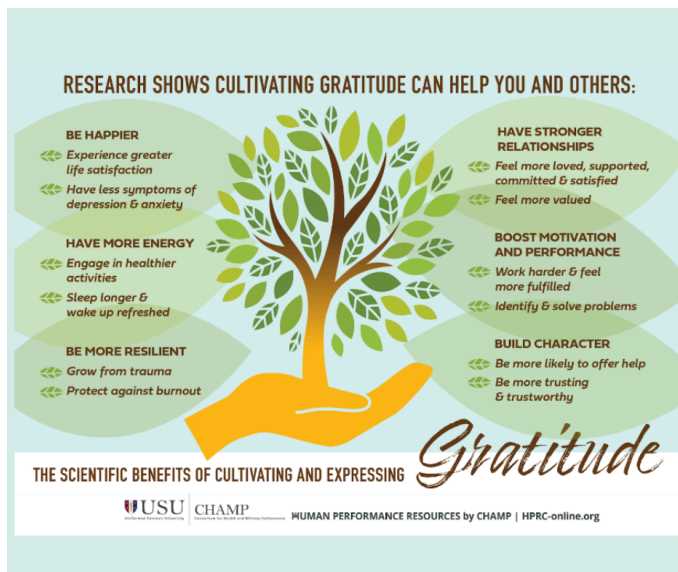
**Caregiver Gratitude Statement and Research**

Today, we express gratitude for the estimated 105.6 million family caregivers in the US and celebrate their important role in supporting the health and dignity of their loved ones!

Join us by taking a moment today to say THANK YOU to a family caregiver in your life! Did you know that expressing gratitude can increase the health of all of us, including family caregivers? Gratitude can lead to many benefits, including increased energy and resilience, stronger relationships, and boosted motivation! Here are some resources:

- [NCOA Adapting Gratitude](#)
- [Gratitude Matters for Caregivers](#)
- [Scientific Benefits of Cultivating and Expressing Gratitude](#)

You can download the image by clicking [here](#).



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