



SENIORS Helping SENIORS®
...a way to give and to receive®

FOR YOUR IMMEDIATE ATTENTION
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Seniors Helping Seniors In-Home Services Recognizes National Family Caregivers Month

November is National Family Caregivers Month (NFC Month). **Seniors Helping Seniors®** in-home services would like to recognize those who are dedicated to their senior loved ones to ensure they receive the support they need with the love and respect they deserve.

National Family Caregivers Month— observed every November — is a nationally recognized month that seeks to draw attention to the many challenges facing family caregivers. NFC Month advocates for stronger public policy to address family care giving issues, and raises awareness about community programs that support family caregivers. It is a time to thank, support, educate, and advocate for the more than 50 million family caregivers across the country.

Seniors Helping Seniors in-home services is a national caregiver and companionship organization and the only one that matches seniors who need in-home services with seniors who want to provide them. **Seniors Helping Seniors** centers operate in over 80 territories in 26 states. The mission is to provide seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve by finding caring seniors to help each other.

Seniors Helping Seniors in-home services provide an essential resource for family caregivers to receive the respite care they need. A weekend getaway or just a few hours each week, these breaks are critical to reduce stress and maintain family caregivers' health. Studies show that family caregivers who do not receive regular respite care see a decline in their own health and happiness and increased stress. **Seniors Helping Seniors** services can provide various support services and enable family caregivers to take the breaks essential to maintain their well-being.

Many times, family members do not live close by or do not have the ability to provide the care that their loved ones require. **Seniors Helping Seniors** services provide the assistance that gives family members assurance that their loved ones are receiving the support they need.

Seniors Helping Seniors services help less active seniors by matching them with people who understand them the most, other seniors. **Seniors Helping Seniors** Providers have the heart of a volunteer and understand the ups and downs of life. The strength and compassion born out of these relationships shows that it does not matter who is the helper and who is being helped. The respect, understanding and assistance in these relationships are two-way. Those who give and those who receive help each other. **Seniors Helping Seniors** Providers know the true joy lies within helping others.

Seniors Helping Seniors services include companionship, light housekeeping, cooking, shopping, transportation, yard work, mobility assistance, home maintenance, overnight stays and more.

This year, during National Family Caregiver Month we recognize and praise family caregivers for the tremendous responsibilities that they have lovingly accepted.

I would be happy to connect you with our franchise owners, seniors and family caregivers in your community to share their stories with you. Please help us as we prepare to recognize the Family Caregivers in our communities!