

STATE OF ALASKA



Executive Proclamation by Governor Bill Walker

WHEREAS, most Alaskans will become caregivers or need one at some point in their lives, as we see to the needs of persons with disabilities and the growing number of older Alaskans; and

WHEREAS, family and other caregivers comprise the essential bedrock of long-term care in Alaska by providing almost 80 million hours of uncompensated care annually, with an estimated value of more than \$1 billion; and

WHEREAS, across our great state, nearly 85,000 Alaskans care for vulnerable individuals who have a physical, mental, or cognitive impairment, and of those Alaskans, 33,000 care for a loved one with dementia; and

WHEREAS, family caregivers greatly improve the quality of life for their loved ones, with many caring for loved ones around the clock at home, where most seniors want to remain, saving millions of dollars in long-term care costs; and

WHEREAS, family caregivers of older adults are more likely to report poor health, higher rates of chronic illness, and incidences of depression and anxiety than non-caregivers, and can also face financial distress due to lost wages and benefits when they reduce work hours or leave the workplace because of caregiving demands; and

WHEREAS, it is important for family caregivers to take care of themselves first by getting proper nutrition, exercise, and rest in order to prevent burnout and to be strong enough to care for others; and

WHEREAS, we recognize the important contributions of family caregivers and look toward a future where all caregivers know the same support and understanding that they show to others.

NOW, THEREFORE, I, Bill Walker, GOVERNOR OF THE STATE OF ALASKA, do hereby proclaim November 2017 as:

Family Caregivers Month

in Alaska, and encourage all Alaskans to recognize the importance of family caregivers who provide support generously to vulnerable loved ones, and to further support family caregivers as they take time to rest, recharge, and care for themselves.

Dated: October 31, 2017



Bill Walker

*Bill Walker, Governor
who has also authorized the
seal of the State of Alaska to
be affixed to this proclamation.*