



STATE OF TEXAS  
OFFICE OF THE GOVERNOR

Lending a hand to those in need is a timeless Texas tradition. When relatives, loved ones, or neighbors become chronically ill or disabled, Texans step up to provide crucial care and support. Every day, family caregivers demonstrate the remarkable qualities which embody the Texas spirit—dedication, patience, and selflessness—to assist their loved ones with health care and other physical needs, as well as providing indispensable emotional support. These dedicated Texans make it possible for patients to remain at home surrounded by their loved ones.

For the millions of Texans who act as a family caregiver, providing at-home care can be a stressful and time-intensive responsibility. Considering caregivers' increased risk for health issues from chronic stress, it is important for family caregivers to take a break to recharge. Respite services offer a temporary break from caregiving, protect a family caregiver's own health, strengthen family relationships, prevent burnout, and can enable a care recipient to stay at home up to three times longer than they might without this service.

Each year, we dedicate the month of November as National Family Caregivers month to recognize the indispensable family caregivers throughout our state and nation. It is important to thank these often unseen heroes for their commitment to their loved ones and the help they provide to countless Texans. We also encourage them to take advantage of respite services so they can continue their mission of providing the loving care only family can offer.

At this time, I encourage all Texans to recognize the commitment and dedication of family caregivers who make a profound difference in the lives of vulnerable Texans. Through their selfless service, they exemplify the best of the Lone Star State.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim November 2021 to be

## Family Caregivers Month



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof,  
I hereby affix my signature this the  
15<sup>th</sup> day of October, 2021.

A handwritten signature in black ink, reading "Greg Abbott".

Governor of Texas