DURHAM BOARD OF COUNTY COMMISSIONERS

Proclamation

FAMILY CAREGIVERS MONTH | 2026

WHEREAS, the 2.1 million family caregivers across our state who are helping their older parents, spouses and other loved ones live independently in their homes and in their communities – where they want to be; and

WHEREAS, family caregivers are the backbone of North Carolina's long-term care system—providing 1.79 billion hours of care, worth 33 billion annually. This extraordinary contribution not only sustains families but also saves our state's taxpayers billions; and

WHEREAS, family caregivers in Durham County are stressed by balancing the physical, emotional, financial and often time-consuming demands required to care for their loved ones. They do it all, including helping their loved ones with essential tasks, meals, bathing and dressing, chores, finances, grocery shopping, transportation and more; and

WHEREAS, most family caregivers pay for expensive care out of their own pockets--all while facing soaring prices for everyday essentials like groceries, housing, utilities and health care. Too often, family caregivers stop saving, take on more debt, use up personal short-term savings, leave bills unpaid or pay them late. Family caregivers who are also juggling jobs, many must reduce work hours or leave the workforce entirely due to their responsibilities; and

WHEREAS, chances are if you are not a family caregiver right now, you have been, you may be at some point, or you know someone who is, or you will someday need a family caregiver yourself to help you live independently at home; and

WHEREAS, Durham County family caregivers need support, including financial relief. They deserve our gratitude, but they also need commonsense solutions that save them money, time and provide support. I encourage all Durham County residents to reach out to the family caregivers in their lives, thank them for the incredibly important work they do, and support them if you can.

NOW, THEREFORE, I, Dr. Mike Lee, Chair and on behalf of the Durham Board of County Commissioners, hereby proclaim November 2026, as

"FAMILY CAREGIVERS MONTH"

in Durham County.

This 26th day of October 2026.

Dr. Mike Lee, Chair
Durham Board of County Commissioners