



**STATE OF TEXAS
OFFICE OF THE GOVERNOR**

Lending a hand to those in need is a timeless Texas tradition, and when relatives, loved ones or neighbors become chronically ill or disabled, Texans step forward to provide care and support. Every day, these caregivers demonstrate extraordinary dedication, patience and love by providing much-needed help with health care and other physical needs as well as invaluable emotional support. Family caregivers make it possible for patients to remain at home in a comfortable setting among loved ones.

For the more than three million Texans who step forward, providing 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 is a temporary break from caregiving. It protects a family caregiver's own health, strengthens family relationships, prevents burnout and can enable a care recipient to stay at home up to three times longer than they might without this service.

With the recognition of the importance of family caregivers in our country growing every year, it is essential to encourage these heroes to take advantage of respite services so they can continue their mission of providing loving care that only family can provide.

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 2015 to be

Family Caregivers Month



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 17th day of November, 2015.

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

Governor of Texas

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