A PROCLAMATION
AUTHORIZING RECOGNITION OF NATIONAL FAMILY CAREGIVERS' MONTH

WHEREAS, the ten-county Capital Area Council of Governments (CAPCOG) is home to more than 562,057 citizens aged 60 years or older; and,

WHEREAS, In Texas, there are approximately 5.3 million family caregivers who provide care to a family member or friend with complex medical conditions or disabilities, and their unpaid care is valued at $41 billion. In Texas, about one in four people are caregivers; and,

WHEREAS, Care recipients themselves are mostly older adults; nearly half are age 75 or older. Most older adults face multiple chronic health conditions. Common conditions include age-related decline, Alzheimer's or other dementias, mobility limitations, cancer, and post-surgical recovery; and,

WHEREAS, Over half (57%) of family caregivers in Texas have experienced at least one negative financial impact because of their care responsibilities; and.

WHEREAS, Cognitive issues are prevalent: 27 percent of caregivers report that their care recipient has Alzheimer's dementia, or another memory-related impairment. 28 percent of family caregivers have difficulty finding affordable care services for care recipients, for example home health aides, transportation and meal delivery; in rural areas that rate rises to 34 percent.

WHEREAS, 36 Percent of caregivers have stopped saving money, and 12 percent have used up short-term savings. Others report taking on debt, delaying retirement or facing housing instability.

WHEREAS, awareness of services and support can help family caregivers understand what local resources are available to them to ease stressors and manage the significant role that family caregivers play in the state's healthcare system, providing invaluable support to individuals with various health conditions.

THEREFORE, BE IT RESOLVED, that the Executive Committee of the Capital Area Council of Governments declares the month of November 2026 to be National Family Caregivers Month Awareness Month in the CAPCOG Region to bring awareness about the role that essential family caregivers play in caring for others.

Resolution adopted by the Capital Area Council of Governments Executive Committee on this 14th day of November, 2026.

Mayor Doug Weiss, Chair
Executive Committee
Capital Area Council of Governments

Commissioner Clara Beckett, Secretary
Executive Committee
Capital Area Council of Governments