



**NATIONAL ASSOCIATION
OF STATE HEAD INJURY
ADMINISTRATORS**

NASHIA Recognizes the Role of Caregivers

National Family Caregivers Month: Caregiving Around the Clock

The National Association of State Head Injury Administrators (NASHIA) is proud to recognize November as **National Family Caregivers Month** in recognition of the more than 40 million people in the United States who serve as unpaid caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is "Caregiving Around the Clock."



During this time of the COVID-19 pandemic is especially a difficult time for caregivers as individuals with brain injury may not be able to leave the home. The stress and challenges of providing caregiving can have huge impacts on the family, impacting mental health issues, such as depression, post-traumatic stress disorder, alcohol and drug addiction, and anxiety. NASHIA has posted materials on its [website](#) addressing caregiving during COVID- 19.

Nationally, the Recognize, Assist, Include, Support and Engage (RAISE) Family Caregiving Act of 2018 created the RAISE Family Advisory Council. The Act directs the Secretary of Health and Human Services to develop a national family caregiving strategy. The council will advise the department on effective models of family caregiving and support to family caregivers and make recommendations to improve coordination across federal programs related to caregiving.

National Family Caregivers Month Twitter Chat Hosted by NASHP: Thursday, November 19 at 2:00pm (ET)

The National Academy for State Health Policy (NASHP) is hosting a Twitter chat to recognize **National Family Caregivers Month**. Across the nation, State health programs depend on caregivers who provide critical support to help relatives, friends, and neighbors stay safely in their homes while contributing \$470 billion in unpaid health care services each year. Family caregivers reduce the need for home health services and can delay hospitalizations and nursing home care. This Twitter chat will explore how States can provide flexibility, support, and resources to address caregiver needs through effective policy changes.

NASHP invites people to join twitter chat to discuss:

- Challenges/barriers that family caregivers face;
- Family caregiving during the pandemic;
- State innovations to support family caregivers;
- How policymakers can improve education, training, and counseling for family

caregivers; and opportunities for the RAISE Family Caregiver Center and Council.

How to Participate

- Follow @NASHPhealth on Twitter.
- Join on November 19 at 2:00pm (EST) and follow the conversation using #RAISEchat.
- Share your thoughts and ideas on policies and support resources.
- Use links to your website, programs, initiatives, and partners in your tweets to promote the good work you, your organization, and/or State are doing!
- Include #RAISEchat in all of your tweets so chat participants can easily follow you and others during this event.

How it Works

- Each question will be numbered Q1, Q2, Q3, etc.
- Start your responses with A1, A2, A3 etc. to correspond with the question.
- You only have 280 characters per tweet but you're not limited to only one tweet per question. Use A1a, A1b, A1c, etc. to indicate either a multi-part answer or multiple responses to a given question.

The Questions

- Q1: It's National Family Caregivers Month. How is your organization better supporting family caregivers, and do you have new resources to share?
- Q2: What are the main challenges family caregivers face when taking care of a relative?
- Q3: Given that the RAISE advisory council will be creating a national strategy for family caregiving, what do you think the strategy should include to help family caregivers address these challenges?
- Q4: What steps can States take to better support family caregivers? Share State examples.
- Q5: How are your organizations supporting family caregivers during the pandemic?
- Q6: What can states do to bring awareness to caregivers' contributions?

This chat is an excellent opportunity to highlight some of your exciting initiatives, innovations, and resources!

Caregiving Tips

- Finding other people who are caregivers can help provide support to you. They can provide you with information and share their experiences.
- Organize and keep records, which will be useful for any healthcare and related services that you may seek of behalf of the person you are taking care of.
- Ask for help when you need it. Your State brain injury program and/or state brain injury association may be of

Caregiver Resources

- [ARCH National Respite Network and Resource Center](#)
- [Brain Injury Association of America](#)
- [Family Caregiver Alliance](#)
- [Family Voices](#)
- [National Association of State Head Injury Administrators](#)
- [Parent to Parent USA](#)
- [United States Brain Injury Alliance](#)

help.

- Keep up with new information and resources through technology. There may be mailing lists and listservs to join that may be of help.
- Take care of yourself. Caregiving is a difficult task. Make sure you take care of your health, rest, exercise, and eat properly.



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