

**IN THE BOARD OF SUPERVISORS
COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA**

November 15, 2016

PRESENT: Supervisors

ABSENT:

**RESOLUTION No.
RESOLUTION PROCLAIMING NOVEMBER 2016 AS
“FAMILY CAREGIVERS APPRECIATION MONTH”**

The following resolution is hereby offered and read:

WHEREAS, the first rule of taking care of others is “Take care of yourself first.” Caregiving can be a rewarding experience, but also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among family caregivers; and

WHEREAS, the stress of caregiving influences physical health. Ensuring proper nutrition is key to helping caregivers maintain their strength, energy, stamina, and immune systems. Maintaining a healthy diet is one of the most powerful things caregivers can do to take care of themselves; and

WHEREAS, up to half of all older adults (caregivers and patients) are at risk for malnutrition. Many times this risk goes undetected, leading to loss of muscle strength, health complications, longer hospital stays, and increased re-admissions. Recognizing nutrition as a vital sign of older adult health and including malnutrition screening and intervention in healthcare quality initiatives can help improve recovery from illness and hospitalization, which benefits everyone in the family; and

WHEREAS, the recognition of families as valued caregivers is growing every year in our country. A family caregiver must remember to pay attention to their own physical and mental wellness, and get proper rest and nutrition. It is important to encourage them to take care of themselves and their own nutrition as well as the nutrition of their loved ones. Only by taking care of themselves can they be strong enough to take care of their loved one. You really do need to “take care to give care.”; and

WHEREAS, in San Luis Obispo over 2100 IHSS caregivers (family members, neighbors, friends) provide care and support for their loved ones during times of need. They not only provide services, but demonstrate love, compassion, and kindness. As these remarkable individuals take care of our elderly and disabled, it is our responsibility to ensure they have the support of our community.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors, County of San Luis Obispo, State of California, does hereby proclaim November as “Family Caregivers Appreciation Month” with the theme “Take Care to Give Care” in San Luis Obispo County and in so doing, urge all citizens to join in a national effort to raise awareness about the importance of in-home supportive services.

Upon motion of Supervisor _____, seconded by
Supervisor _____ and on the following roll call vote, to wit:

AYES:

NOES:

ABSENT:

The foregoing resolution is hereby adopted.

ATTEST:

Chairperson of the Board of Supervisors

ATTEST

Clerk of the Board of Supervisors

By: _____
Deputy Clerk