



Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers in our county. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. The 2024 National Caregiver Month theme through the National Council on Aging is #CaregivingAroundtheClock.

Family caregivers deserve our gratitude, respect and a big Thank You for their hard work and dedication. They truly do work around the clock in providing care to the person they care for. In November, as we honor the many contributions that family caregivers make to the quality of our lives, Davis County Senior Services is offering caregivers a special thank you gift. Please call our office at 801-525-5050, option 5 to reserve your gift and pick up at a local Senior Center while supplies last.

In November, there are several caregiver workshops and support groups being offered. All caregivers are welcome to join!

#### Dealing with Dementia:

- Location: Central Davis Senior Activity Center (81 E Center Street, Kaysville)
  - Day and Time: Thursday, November 7, 2024 10:00 am-2:30 pm
  - Registration required at 801-525-5050, Option 5

#### Support Groups through the Alzheimer's Association:

- Location: South Davis Senior Activity Center (726 S. 100 E. Bountiful)
  - Day and Time: 1<sup>st</sup> Thursday of each month 3:00 pm-4:30 pm
- Location: North Davis Senior Activity Center (42 S. State St, Clearfield)
  - Day and Time: 1<sup>st</sup> Wednesday of each month 3:00 pm-4:00 pm
- Location: Fairfield Village (1205 N Fairfield Rd, Layton)
  - Day and Time: 3<sup>rd</sup> Tuesday of each month 7:00 pm-8:00 pm
- Location: Central Davis Senior Activity Center (81 E. Center St, Kaysville) Spanish Speaking
  - Day and Time: 3<sup>rd</sup> Monday of each month 11:00-11:45 am

\*For more information contact the Alzheimer's Association Utah Chapter at 801-265-1944

#### Dementia Care Support Group

- Location: Peaks at Clinton (1404 N 2000 W, Clinton)
  - Day and Time: 2nd Monday each month from 6:30-7:30 pm

#### Parkinson's Support Group:

- Location: North Davis Senior Activity Center (42 South State Street, Clearfield)
  - Day and Time: First Wednesday of the month at 5:30 pm

### Recommended Hashtags

- #NationalFamilyCaregiversMonth
- #NFCMonth
- #NFCM
- #CaregivingHappens (hashtag highlighting Caregiver Action Network's official theme)
- #CaregivingAroundtheClock (hashtag NCOA is supporting to highlight around-the-clock caregiving)
- #RAISEcaregiving (hashtag for ACL's RAISE activities)
- #Caregiving
- #Caregiver
- #FamilyCaregivers