

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

PROCLAMATION NO. 40

Proclaiming the Month of November 2025 as Family Caregivers Month in Multnomah County, Oregon.

Multnomah County Finds:

- A. Multnomah County's family caregivers make tremendous sacrifices to support a loved one who is aging, has a disability, and/or lives with dementia. Family caregiving work is emotionally and physically demanding, and is often unpaid.
- B. Professional caregiving services are accessible to some people who need them, but are costly and supportive programs are limited. Many families struggle to afford help, often spending their own retirement savings to pay for the care of their loved ones or quitting their jobs to stay home and provide care themselves.
- C. Based on the national average, approximately 150,000 Multnomah County residents – our colleagues, friends, and neighbors – are part of the “sandwich generation,” caring for both young kids and aging parents at the same time, which presents additional challenges.
- D. Women, and particularly women of color, are overrepresented in family caregiving. They spend more hours per week on average caregiving than other family caregivers. This labor can often be invisible as many balance careers and parenting with their responsibilities caring for an aging or disabled loved one.
- E. In LGBTQ+ communities, caregiving is often done by chosen family members rather than those who are biologically or legally related to the person needing care. These caregivers are under-supported as many policies (FMLA, etc.) do not support caring for a chosen family member.
- F. Multnomah County's Aging, Disability and Veterans Services Division oversees a Family Caregiver Support Program, funded by the federal Older Americans Act, which offers supportive services for unpaid caregivers and older adult relatives acting as guardians for young children.
- G. The Caregiver Support Program delivers case management, support, counseling, training, and short-term respite. These services can be accessed directly through the County website and Aging & Disability Resource Connection (ADRC) Helpline, or by connecting with our community partners.

Multnomah County Proclaims:

November 2025 is Family Caregivers Month, a time to recognize all those who are providing unpaid care for loved ones. We honor their strength, courage, and care, and we recommit to supporting family caregivers as they care for others. During Family Caregivers Month, we acknowledge every family caregiver in Multnomah County for the care and support that they give to others. Additionally, as an employer, we acknowledge and support Multnomah County employees who care for their aging and disabled family members.

As a show of support and gratitude, we ask Multnomah County residents to reach out to those who provide care for their family members and loved ones to recognize, honor, and thank them.

SIGNED this 5th day of November, 2025.

REVIEWED:

JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON

By:



Jenny M. Madkour, County Attorney

SUBMITTED BY: Mohammad Bader, Director of DCHS