

Wisconsin Family and Caregiver Support Alliance: Recognizes Feb. 21 as National Caregiver Appreciation Day

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In Wisconsin, 580,000 caregivers provide more than 480,000 million hours of care to loved ones each year: a \$6.9 billion value. February 21 is National Caregiver Appreciation Day, and the Wisconsin Family and Caregiver Support Alliance invites you to hear from local caregivers during its press conference at 11:00 am on Friday Feb. 21 at the Fox Valley Memory Project, located in the Goodwill Building #2, 1800 Appleton Road, Menasha, WI.

Caregivers deliver a variety of services from personal care to medical services with compassion and professionalism, yet they often go unrecognized. Their days may be long and demanding, but they provide support to those who need it most – this could be your child, sibling, spouse, parent, or other friends and family. National Caregiver Appreciation Day recognizes caregivers providing quality, compassionate care every day.

Caregivers deserve respect and support. Take time to thank a caregiver by using some of our suggestions below:

- **Say “Thank You**
- **Write a letter or card to express your gratitude**
- **Offer your help**
- **Give them a little gift**
- **Give them the day off:**
- **Remind them to take time for themselves**