



Real Care. Anywhere.



This guide provides instructions and tools to help you participate in National Family Caregivers Month along with the Parkinson's Foundation.

Overview

Each November, the Parkinson's Foundation joins organizations across the country to honor care partners for National Family Caregivers Month. This year, our theme is "Real Care. Anywhere.", which shines a light on the diverse experiences of caregiving. Whether someone is sharing a home with someone who has Parkinson's disease (PD), [providing care from a distance](#) or [managing PD alone](#), care partners shape what real care looks like.

2025 Focus: Real Care. Anywhere.

This National Family Caregivers Month highlights the different ways people are care partners to people with Parkinson's. While every care partner's experience is unique, the Parkinson's Foundation is here to provide helpful resources and support for every care partner.

National Family Caregivers Month presents an excellent opportunity to help honor and support caregivers around the world. We're relying on your participation to make this year's campaign a huge success.

If you have any questions, please contact Steph Leone, Marketing Coordinator, at SLeone@Parkinson.org or 305-537-9135.

Three Ways to Care

In our content this year, we'll focus on three common ways people care for someone with PD.

Everyday Care Partner

Everyday care partners live with someone who has PD and offer hands-on, daily support. From managing medications to attending appointments to offering emotional support and encouragement, everyday care partners are there day in and day out to help navigate the challenges of PD.

Caring From Afar

For some, caregiving means supporting a loved one with Parkinson's from a distance. These care partners may not live with or near the person they care for, but their role is no less important. Whether they're managing logistics, coordinating care or offering emotional support through phone calls or video chats, they play a crucial part in making sure their loved one feels supported, even when they can't be there in person.

Solo Care Partner

Many people with Parkinson's care for themselves, managing appointments, medications and wellness routines alone. This often-overlooked group takes on the dual role of someone living with Parkinson's and primary care partner which is a responsibility that requires strength, self-advocacy and resilience.

How to Get Involved

Social Media

- **Share posts using our Caregivers Month [social media toolkit \(below\)](#).** Explore our toolkit for downloadable posts that highlight Foundation resources available to care partners.
- **Encourage others to post.** Help us spread the word by asking others to share stories about how they support a care partner in their life.
- **Interact with @ParkinsonDotOrg on Facebook, Instagram, X (formerly Twitter), and TikTok.** All month long, we will post photos, videos, facts, stories and resources on social media to help care partners support themselves and their loved one with Parkinson's. See [Parkinson.org](https://www.parkinson.org) for the latest resources and blog content to share, or re-post content we share from our handles.

The official campaign hashtag is **#CaregiversMonth**.

Use this hashtag when posting resources and tools that could help someone in their care journey via Facebook, Instagram and X (formerly Twitter). We also encourage you to use **#NationalCaregiversMonth**, **#ParkinsonsAwareness** and **#Together4PD**.

Parkinson.org

- **Submit a “My PD Story” or encourage someone you know to tell their story.** My PD Stories powerfully illustrate what it’s like to live with Parkinson’s and how our programs and resources provide hope and support. Encourage someone in your network to share their story at [Parkinson.org/MyStory](https://www.parkinson.org/MyStory).

Newsletter or Email Blurb

- **Email your networks.** Add the below blurb to an email to send to your friends and family. Make sure everyone knows that it’s National Family Caregivers Month.

This National Family Caregivers Month, I’m joining with the Parkinson’s Foundation to honor all the different ways people care for people with Parkinson’s disease.

In November, I’m joining with the Parkinson’s Foundation and others across the country to honor care partners for National Family Caregivers Month. This year, we highlight the diverse ways that people care for people with Parkinson’s.

(Add personal info about your caregiving journey)

No matter what your care partner journey looks like, the Parkinson’s Foundation has helpful information on their website. Explore free resources at: [Parkinson.org/CaregiversMonth](https://www.parkinson.org/CaregiversMonth).

Letter to the Editor

- **Write a letter to the editor.** Get coverage from local news outlets with the below letter to the editor template. Fill in the highlighted text with the correct information and submit to your local newspaper’s Letter to the Editor section.

Sample Letter to the Editor

Subject Option 1: Care Partners Deserve Recognition

Subject Option 2: Recognizing National Family Caregivers Month

[Insert date]

[Insert name of Editor & Newspaper Address]

Dear [Name of Editor]:

November is National Family Caregivers Month, and I, along with the Parkinson's Foundation invite everyone in [city/region] to join our community as we honor the care partners in our lives this month. Help us amplify Parkinson's disease awareness and those who care for people living with PD. [Insert short description of upcoming caregiver local activities and/or educational events.]

We invite care partners in the community to find support by visiting Parkinson.org/CaregiversMonth where they can access our [caregiver resources](#).

Together, we can all make life better for people with PD and their care partners. Learn more through the Foundation Helpline at 1-800-4PD-INFO (473-4636) or at Parkinson.org/CaregiversMonth.

Sincerely,

[Your Name]

[Your Address]

[Your Phone Number/Email]

Caregivers Month Social Media Toolkit: 2025

★ Download all graphics below to ensure maximum resolution! ★

Link: <https://parkinson.egnyte.com/fl/xCQY78vYBdmJ>

Password: CaregiverMonth2025

Explore our ready-to-go posts that highlight Parkinson's Foundation resources available to care partners. Post throughout November to help spread the word!

If you have any questions, please reach out to Grace Basler at Gbasler@Parkinson.org.

Sample posts:

- November is National Caregivers Month. □ We're joining the [tag: [Parkinson's Foundation](#)] in honoring the dedication and compassion of care partners in the PD community and beyond.

No matter what your care partner journey looks like, from everyday caregivers to long-distance loved ones and individuals who care for themselves, we're here to support you. Explore free resources from the Parkinson's Foundation at: Parkinson.org/CaregiversMonth




- Unaddressed caregiver strain progresses into caregiver burnout, which can include extreme fatigue unrelated to sleep, unusual frustration and anger, feeling “cloudy” or “foggy,” and other physical symptoms that may manifest as a result of emotional stress.

By placing your own physical, medical and emotional needs on equal par with your loved one, you may help prevent yourself from falling into stress, caregiver burnout or depression. This #CaregiversMonth and beyond, the [tag: [Parkinson's Foundation](#)] has resources to help: [Parkinson.org/resources-support/carepartners/caring-for-self](https://parkinson.org/resources-support/carepartners/caring-for-self)

Caregiver Burnout

(noun)

A state of physical, emotional and mental exhaustion that may include by a change in attitude, from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able, physically or financially.



- Parkinson's disease can affect a whole social and familial network, whether everyone lives in the same house as the loved one with PD or on another continent. 🌐

This Caregivers Month, check out our list of “virtual errands” you can do from a distance. ↓ Explore more from the [tag: [Parkinson's Foundation](#)] at: [Parkinson.org/CaregiversMonth](https://parkinson.org/CaregiversMonth)



Are you a caregiver from afar?

Here are 5 “virtual errands”
you can do to support your loved one with PD:

Order prescription refills.

Arrange a grocery delivery.

Schedule health appointments.

Hire a housekeeping service.

Organize emails or online calendars.

- This Caregivers Month, we acknowledge that not every person living with Parkinson's has a traditional care partner. Many people with Parkinson's care for themselves, managing appointments, medications and wellness routines alone, displaying strength, self-advocacy and resilience.

Below, explore our tips for living alone with PD from the [tag: [Parkinson's Foundation](#)]. ↓ Find additional tips for this often-overlooked group at: Parkinson.org/CaregiversMonth



- Whether someone is sharing a home with someone who has Parkinson's disease, providing care from a distance or managing PD alone, care partners shape what real care looks like. □

For Caregivers Month, explore the care partner checklists from the [tag: [Parkinson's Foundation](#)], designed for caregivers everywhere: Parkinson.org/CaregiversMonth

- No two Parkinson's stories are the same, and neither are two care partner experiences. 📖

Today for Caregivers Month, hear directly from Parkinson's disease care partners who've walked this path and gain insight, inspiration, and support from their [tag: [Parkinson's Foundation](#)] stories: Parkinson.org/CaregiverStories

- Today for Caregivers Month, consider joining a care partner support group! 🧡 Regardless of where you are in your care partner journey, finding your support system is invaluable.

Skeptical? Check out these pieces of advice from [tag: [Parkinson's Foundation](#)] and support group leaders:
[Parkinson.org/blog/care/support-group-leaders](https://parkinson.org/blog/care/support-group-leaders)



- Calling all care partners! Today for Caregivers Month, explore free, self-paced, online courses from the [tag: [Parkinson's Foundation](#)]:
[Parkinson.org/CaregiverCourse](https://parkinson.org/CaregiverCourse)
- To every care partner in the Parkinson's community, thank you for your endless dedication, patience, and love. 📺 For Caregivers Month, tag a care partner below to let them know how much they're appreciated!

📺 Explore resources for all types of care partners from the [tag: [Parkinson's Foundation](#)]: [Parkinson.org/CarePartners](https://parkinson.org/CarePartners)

