



NATIONAL FAMILY
CAREGIVERS MONTH

FIND YOUR
**CARE
CONNECTION**



2026 National Family Caregivers Month Toolkit

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

Overview

Each November, the Parkinson's Foundation joins organizations across the country to recognize and support care partners during National Family Caregivers Month. This year, our theme is **Find Your Care Connection**, which highlights all the ways care partners can connect with trusted information, resources, support and community.

Whether a care partner is looking for practical guidance, emotional support, educational opportunities or others who understand their experience, meaningful connections can help navigate the challenges of Parkinson's.

2026 Theme: Find Your Care Connection

Find Your Care Connection showcases the various ways care partners can access support throughout their Parkinson's journey. While every care partner's experience is unique, connecting to the right resources and support can make a difference. That support may come through trusted information, educational programs, community networks, or others who understand what they're going through.

National Family Caregivers Month presents an excellent opportunity to recognize and support caregivers while raising awareness of their experiences. We're hoping you can join us in this campaign by sharing the information in this toolkit, or sharing your own ways care partners can find their care connections.

If you have any questions, please contact Enrique Grimaldo, Marketing Coordinator, at egrimaldo@parkinson.org.

National Radio Media Tour

We gratefully acknowledge the support of AARP, sponsor of our National Family Caregivers Month Radio Media Tour.



Finding Your Connection

In our content this year, the Parkinson's Foundation will highlight the ways care partners can find meaningful connection throughout their Parkinson's journey.

Connecting care partners with trusted resources and information.

We will help care partners find reliable information and support through Parkinson's Foundation resources. Our plan is to share content from [Parkinson.org/CarePartners](https://www.parkinson.org/CarePartners), Ask PAM, our Helpline and local chapter programs.

Connecting care partners with people who understand.

We will share opportunities for care partners to hear from others who understand their experience, including My PD Stories, our Care Partner Summit event taking place on November 7, PD Conversations, support groups and other community opportunities.

Connecting care partners through educational and community events.

We will encourage care partners to learn, participate and build community through educational programs and events. Share the Care Partner Program, the Care Partner Summit and our other [in-person and virtual events](#).

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 and TikTok.** All month long, the Parkinson's Foundation will post photos, videos, facts, stories and resources on social media to help care partners support themselves and their loved one with Parkinson's. We'd appreciate if you could share or engage with any of our posts to help get the information seen by more people.

Parkinson.org

- **Connect through advocacy.** Care partners have an important role in shaping policies that affect people with Parkinson's. Encourage care partners to join the Parkinson's Foundation Advocacy Network to speak up for better access to care, continued investment in Parkinson's

research and policies that support the Parkinson's community. Visit Policy.Parkinson.org to get involved.

- **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. Share your story or encourage someone in your network to share their story at Parkinson.org/MyStory.
- **Join PD Conversations**, our online community for asking questions and finding peer support at Parkinson.org/CaregiverDiscussion.
- **Explore our Community Networks:** Groups tailored for specific experiences, including children of people with PD, Women with PD, Veterans and Early-Onset PD at Parkinson.org/CommunityNetworks.
- **Browse the Care Partner Guide** featuring wellness keys, practical tips, worksheets and care partner insights. [Download it here](#).
- **Parkinson's Podcast:** Check out our expert-led audio episodes covering PD research, treatments and wellness topics, including guidance for care partners. [Listen here](#).
- **Use Ask PAM**, our 24/7 AI chat tool, offering instant, conversational answers in English and Spanish, drawn exclusively from Foundation-vetted resources.

Events

Build community by participating in the Care Partner Summit:

- [Care Partner Summit](#): November 7, 2026
- [Cumbre para Cuidadores](#) (Spanish): November 18, 2026

Newsletter or Email Blurb

- **Email your networks.** Add the message below to your November newsletter or email to send to your friends and family. Make sure everyone knows that it's National Family Caregivers Month.

Join Me This National Family Caregivers Month!

In honor of National Family Caregivers Month, I'm joining the Parkinson's Foundation in recognizing the care partners who do so much for our community.

November is National Family Caregivers Month and I'm supporting the Parkinson's Foundation **Find Your Care Connection** campaign.

(Add personal info about your caregiving journey)

Whether you're looking for trusted information, practical guidance or a community of people who understand what you're going through, you don't have to go through it alone. Help spread the word or find support for your own journey at: 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. Or send to one of your star Ambassadors to do on our behalf!

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 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 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: 2026

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

Download all graphics [here](#) to ensure maximum resolution!
Password: PFCaregiversMonth

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

Sample Posts

- It's officially National Caregivers Month, a time to honor the dedication and compassion of care partners across the Parkinson's community and beyond! 💙

This November, the Parkinson's Foundation ([@ParkinsonDotOrg](#)) is inviting care partners to find your care connection. 🤝 Whether you're looking for trusted information, practical guidance, emotional support or people who understand, meaningful connections can help you navigate the unknowns and sometimes unpredictable parts of being a PD care partner.

Start getting connected by visiting: Parkinson.org/CaregiversMonth



- Whether you're living with someone who has Parkinson's disease, providing care from a distance, or managing the journey on your own, caregiving can be isolating, exhausting, and emotionally heavy. Having a strong support system can make a real difference. 💙

For Caregivers Month, explore resources from the Parkinson's Foundation to help you find your care connection: Parkinson.org/CaregiversMonth

- This Caregivers Month, find the connection that works for YOU! Friends, family and support groups can all offer relief and connection, and sharing the responsibilities of care and talking openly with others who understand can reduce isolation, build a sense of belonging and remind you that you're not alone.

Not sure where to start? Find your care connection by visiting the Parkinson's Foundation at: [Parkinson.org/CaregiversMonth](https://parkinson.org/CaregiversMonth)



- Dear caregivers,

Taking care of your loved one is one of the most important roles you'll play. However, talking to people who really understand what you're going through – other caregivers – is also important. It usually feels good and often helps in surprising ways!

The Parkinson's Foundation and AARP created 12 conversation cards designed to spark meaningful, reflective discussions between care partners.

View or download these conversations starters for Caregivers Month and find your care connection: [Parkinson.org/CareToTalk](https://parkinson.org/CareToTalk)

[Video: <https://parkinson.egnyte.com/dl/tb7PrXwxFxkm>
Password: CareToTalk]

- When caregiving gets heavy, sometimes you just need to talk to someone who understands. ❤️ This Caregivers Month, find your care connection by contacting the free Parkinson's Foundation Helpline: 1-800-4PD-INFO (1-800-473-4636) | Helpline@Parkinson.org

The Helpline Specialists are ready to answer your Parkinson's questions, offer a listening ear, and provide personalized advice.

- To caregivers everywhere: THANK YOU. ❤️ We see you and your dedication, sacrifice, patience, and love.

You are often the unsung heroes behind the scenes of care, showing up every day and putting someone else's needs before your own. During Caregivers Month and beyond, please know you are not alone.

Explore free caregiving resources from the Parkinson's Foundation at: Parkinson.org/CaregiversMonth



- Research shows that 40% to 70% of care partners experience significant stress, and about half meet the criteria for clinical depression.

Building a support network and staying connected socially can help ease this burden. ❤️ This Caregivers Month, find your care connection at the Parkinson's Foundation: Parkinson.org/CaregiversMonth

- Today for Caregivers Month, find your care connection by exploring real-life PD stories submitted by fellow care partners: Parkinson.org/living-with-parkinsons/stories?_page=1&keywords=&_limit=9&story=12
- The experience of caring for someone with Parkinson's gives care partners a unique perspective that can drive change and shape the policies that affect the PD community. This Caregivers Month, find your care connection through advocacy!

Join the Parkinson's Foundation Advocacy Network and help make your voice heard: Policy.Parkinson.org

- This Caregivers Month, visit PD Conversations: a virtual space to ask your Parkinson's questions, connect with other care partners and find a new network of support. 💬

Find your care connection and visit this caregiving conversation today:
[Parkinson.org/CaregiverDiscussion](https://parkinson.org/CaregiverDiscussion)

- Whether you are new to Parkinson's or have been a care partner for a long time, the Parkinson's Foundation has resources to help you find your care connection! Connecting with other caregivers with similar lived experiences can help ease the burden of caregiving.

Below are five ways to get connected for Caregivers Month, but there are many more opportunities for connection at [Parkinson.org/CaregiversMonth](https://parkinson.org/CaregiversMonth) 🧡



5 Ways for Caregivers to Find Connection

- Join a support group specifically for care partners.
- Volunteer for your local Parkinson's Foundation chapter.
- Contact the Parkinson's Foundation Helpline (1-800-4PD-INFO).
- Attend our free, virtual Care Partner Summit.
- Visit [PDConversations.org](https://parkinson.org/PDConversations.org) to discuss Parkinson's topics with other care partners.

[Parkinson.org/CaregiversMonth](https://parkinson.org/CaregiversMonth)

- Whether you are new to Parkinson's or have been a care partner for a long time, we design resources for you. 💙 This Caregivers Month, find your care connection by exploring care partner resources for all Parkinson's stages: [Parkinson.org/CarePartners](https://parkinson.org/CarePartners)
- Today for Caregivers Month, find your care connection by joining a care partner support group! 🧡 Regardless of where you are in your care partner journey, building a support system is invaluable.

Get connected to an in-person or virtual group by contacting the Parkinson's Foundation Helpline (1-800-4PD-INFO) and learn more about building connections as a caregiver: [Parkinson.org/CaregiversMonth](https://parkinson.org/CaregiversMonth)



BENEFITS OF JOINING A SUPPORT GROUP FOR CARE PARTNERS

- Members are introduced to other individuals who are familiar with the challenges they're going through.
- Individuals and guest speakers can exchange helpful care strategies.
- Regular meetings provide structured time for care partners to step away from caregiving duties & focus on their own needs.
- Groups foster mutual support and a sense of belonging.

- It's Caregivers Month, and we're excited to highlight the Parkinson's Foundation's their free Care Partner Guide! 📖 The guide explores care partner wellness, complete with practical tips, encouraging insights from other caregivers, worksheets and resources to support you.

Download or order your copy here: [Parkinson.org/library/books/care-partner-guide](https://parkinson.org/library/books/care-partner-guide)

- Calling all care partners! This Caregivers Month, you're invited to take the Parkinson's Foundation's online Care Partner Program: a series of free, self-paced online courses for Parkinson's caregivers ➡
<https://education.parkinson.org/community-education/carepartner#group-tabs-node-course-default1>
- Are you new to Parkinson's caregiving? For Caregivers Month, start here with the top 10 Essential Caregiver Resources from the Parkinson's Foundation — curated to help you find your care connection:
[Parkinson.org/blog/care/resources](https://parkinson.org/blog/care/resources)