

## ***JUNE IS IOWA CAREGIVERS MONTH HERE'S HOW YOU CAN HONOR IOWA'S CAREGIVERS***

### ***History of Iowa Caregivers Month***

Iowa Caregivers Month is a statewide recognition and public awareness campaign that has been sponsored by the Iowa CareGivers Association every June since 1992. The event honors Certified Nurse Assistants, Home Care Aides, Health Care Technicians, and other Direct Care Workers who provide 80-90% of the care and assistance to Iowans of all ages in a variety of care settings. The importance of these professionals is unmistakable, and it is our privilege to say "thank you" for their dedication.

### ***Here are some ways to honor direct care workers:***

#### ***Agency/Facility Administrators and Nurse Supervisors***

- Promote the free membership into Iowa CareGivers Association for direct care workers.
- Provide scholarships for direct care workers to attend the Iowa CareGiver's Association annual educational conference on September 8-9, 2008.
- Hold a lunch or dinner reception to recognize the direct care workers at your organization. Involve clients or residents in the planning.
- Decorate a bulletin board with information about Iowa Caregivers Month and feature direct care workers.
- Recognize direct care workers' contributions to the health care team in an in-service or through individual thank-yous.
- Encourage Activity Coordinators to plan Caregivers Month activities with clients and residents.
- Hold drawings for prizes.

#### ***Community Colleges and Other Educators***

- Coordinate local public awareness campaigns about Iowa Caregivers Month.
- Coordinate a local celebration, including education/motivational programs and a reception.
- Educate the general public, civic and service groups, and others about the roles of direct care workers.

#### ***People Who Receive Care and Their Families***

- Recognize individual direct care workers with a card, a thank you, or other gesture of appreciation.
- Write letters to your local newspaper or contact TV and radio stations to let them know about Iowa Caregivers Month.
- Share how your life has been "Touched by a Caregiver." Submit your story through the ICA website or by mail.

#### ***Direct Care Workers***

- Join the Iowa CareGivers Association.
- Share how your life has been touched by those you care for. Submit your story through the ICA website or by mail.
- Help plan and attend a local Iowa Caregivers Month proclamation signing and program.
- Contact your mayor about conducting a proclamation signing in your area or at your community college.
- Encourage facility or administrative staff to support and recognize Iowa Caregivers Month.
- Write articles about the role of CNAs and direct care workers to be included in newsletters or local media.
- Recognize your peers with special thank you notes.
- Speak to church groups, classes of school children, and other civic groups about caregiving and what you do as a direct care worker.

#### ***Everyone***

- Take the opportunity to talk to candidates (Presidential and other) about the importance of direct care workers, and encourage them to support issues (like increased pay, better health care and retirement benefits, etc.) that will encourage people to enter and stay in the profession.
- Consider a contribution to the "Touched by a Caregiver" Scholarship fund. See the ICA website or call for details.

TOUCHED BY A

*Caregiver*



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