

Caregiver Support

National Caregivers Month: What it is And How to Honor it

By Michelle Wright | Published October 30, 2025 | Time to read 6 min



Every day, millions of Americans quietly shoulder one of life's most demanding responsibilities: caring for a loved one. They juggle doctor's appointments, manage medications, provide emotional support, and somehow fit it all between work meetings and personal obligations. Yet, this labor often goes unrecognized.

That's why November holds special significance as National Caregivers Month. This is a time dedicated to honoring the 105.6M Americans who provide some sort of care to family members ¹ and 59% of local adults who regularly do so from afar. ²

Whether you're a caregiver yourself, know someone who is, or want to understand this growing responsibility, the 2025 National Caregiver Month offers an opportunity to acknowledge this role and its impact on the community. More importantly, it's a chance to explore meaningful ways to support them, especially those providing care from a distance.

What is the National Caregivers Month?

Also called National Family Caregivers Month or National Caregiver Awareness Month, it's a time to recognize and celebrate the vital contributions of family caregivers. These are the ones who provide unpaid care to aging parents, spouses, children with special needs, or other loved ones. This is celebrated every November in the United States, and has become increasingly important as America's caregiving population continues to grow.

The month serves a dual purpose: expressing gratitude to caregivers for their dedication and raising awareness about the challenges they face. Hence, this November, take some time to acknowledge this practice, start conversations, provide resources, and ensure caregivers they're not alone in their journey.

The History Behind National Caregivers Month

The origins of National Caregivers Month date back to 1994 when former President Bill Clinton signed a presidential proclamation to establish the National Family Caregivers Week. What started as a week-long observance evolved over time, and by 1997, it expanded to the entire month of November.

The timing isn't coincidental. November, with its association with Thanksgiving and gratitude, provides a natural backdrop for recognizing those who give so much to others without expecting anything in return.

Since then, every U.S. president has continued the tradition, issuing annual proclamations that highlight the essential role caregivers play in our healthcare system and society at large. This month has become an important platform for advocacy groups, healthcare organizations, and communities to expose caregiver issues and push for better support systems.

How to Honor Caregivers in November

Honoring caregivers during November National Family Caregiver Month comes from simple acts of service and recognition. Here are thoughtful ways to show appreciation:

Offer specific, practical help

Instead of saying "let me know if you need anything, propose concrete actions. For example, offer to pick up groceries, prepare a meal, or sit with their loved one for a few hours so they can take a break.

According to our [survey](#), more than one third of remote caregivers spend 10+ hours per week supporting their aging loved ones. Out of which, nearly 20% provide daily assistance and over 75% offer some form of

care every week. In addition, 20% of caregivers who spend more than 20 hours per week assisting loved ones say they are constantly stressed and anxious, which makes practical help from friends and family especially valuable.

Listen without trying to fix

Sometimes caregivers just need someone to hear their frustrations, fears, and exhaustion without judgment. According to our research, 68% of remote caregivers report their responsibilities as playing a significant social and emotional toll on their health, and 34% have less time for friends and family.²

Listening to your friends or family members talk about their feelings can encourage them to keep having these conversations and make them feel less alone.

Recognize their sacrifice publicly

Share their story (with permission), nominate them for caregiver recognition programs, or simply post about National Caregivers Month on social media to raise awareness. Visibility matters, especially when so much caregiving happens behind closed doors.

Provide resources and information

Share helpful tools like our [remote caregiver survey](#) findings, suggest [apps for senior caregivers](#), or send practical guides on [caring for an elderly parent at home](#). You can also read said resources and learn how to support others in their caregiving tasks.

Encourage self-care

Gift them a massage, send a care package, or offer to cover the cost of a respite care service. Caregivers often put their own needs last, and reminding them that their wellbeing matters is crucial to prevent burnout.

Technology to Help Caregivers Stay Present From a Different Location

When we think of caregivers, we often picture someone living in the same home as their loved one. But there's an entire population of caregivers who provide support from miles away. Remote caregivers face unique challenges, since the distance tends to amplify their worry and sense of helplessness.

These long-distance caregivers deal with constant anxiety about whether their parent remembered to take medication, if they're eating properly, or whether they're socially isolated. They want to feel useful and close, so the frustration grows when they can't even do something as simple as fixing the TV or resetting the Wi-Fi for them.

59% of surveyed caregivers said in-person visits could have been avoided with better remote solutions, and 25% of those surveyed expressed frustration with the lack of effective remote caregiving tools available.¹ The good news is that technology is creating new pathways for remote caregivers to stay connected and provide meaningful support despite the miles between them, and this is exactly the kind of problem JubileeTV solves.

JubileeTV: A remote caregiver's secret tool

JubileeTV is the ideal solution for remote caregivers who want to make sure their elderly parents stay engaged, connected, and entertained without the constant technology headaches. This is a device that connects to your loved ones' TV and turns it into a communication hub.

Think of it as more than just the [best TV for seniors](#); it's a comprehensive platform designed with both seniors and their remote caregivers in mind. Here's what makes JubileeTV particularly valuable:

- **Auto-connect** allows you to video call your elderly parents directly to their TV. They don't need to press any buttons to answer.
- **Routine change alerts** keep you updated about your loved one's daily routines. Without being intrusive, the system can indicate whether your parent is active and engaged, helping you spot potential issues before they become emergencies.
- **Remote troubleshooting through the caregiver's app** enables you to change channels, raise the volume, or manage your loved ones' TV from your phone (wherever you are).
- **Photo sharing capabilities** transform the TV into a digital family album that updates automatically. You can send pictures of grandchildren, family gatherings, or daily moments, keeping your parent connected to family life even when they can't be there in person. It's a simple feature that combats isolation and keeps relationships vibrant.

The platform removes technology barriers that often prevent seniors from staying connected while giving remote caregivers the tools they need to provide better care without being physically present.

Ready to make remote caregiving easier? Discover how JubileeTV can help you stay present in your loved one's life, no matter the distance. [Try it for 60 days, risk-free](#).

Making National Caregivers Month Meaningful

National Family Caregiver Month reminds us that behind every well-cared-for senior, there's often an

exhausted, unsung hero doing their best. Whether you're a caregiver yourself or know someone who is, this November is the perfect time to acknowledge this vital work.

Simple recognition, practical support, and tools that ease the burden can make an enormous difference. 29% of long-distance caregivers feel their role impacts negatively on their physical health, underscoring how relevant this celebration is. ²

As we honor caregivers this month, let's commit to appreciation and action; providing the resources, support, and recognition they truly deserve. After all, caregiving is more than a responsibility. It's an act of love that sustains families and communities alike.

For remote caregivers especially, leveraging technology like JubileeTV can make them feel useful, present, and connected to their loved ones. JubileeTV bridges the gap between wanting to care and being able to do so effectively from a distance. [Try it for 60 days, risk-free.](#)

Sources:

(1) The Caregiving Landscape: Data & Insights on the Caregiver Experience in the U.S.

(2025). Caregiver Action Network. <https://www.caregiveraction.org/caregiver-statistics/>

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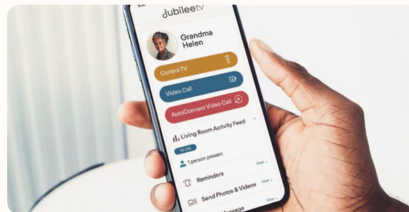
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About the Author

Michelle is a marketer, mom, and daughter living the sandwich generation firsthand. As VP of Marketing at JubileeTV, she's on a mission to make remote caregiving better by cutting through the clutter to help families stay connected and in control. Off hours, she's holding court on the pickleball court, burning through podcasts, or devouring the latest NYT bestseller.

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