



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

11/6/19

November is National Family Caregivers Month

Whether you are a parent, grandparent, sibling, or extended family member, Caregiver Action Network (CAN) encourages family caregivers who help provide care and oversight to another family member to explore and ask questions concerning services being utilized. Asking questions can help caregivers build confidence and gain important knowledge.

Suggestions for asking questions can be found on CAN's website at: [BeCareCurious](#). To view additional tools and caregiver information, visit [CAN](#).

www.dmh.mo.gov/dd
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MISSOURI DEPARTMENT OF MENTAL HEALTH