

### Never forget about caregiving youth

November is National Family Caregivers Month, complete with presidential proclamations since 1997. A hidden population among

the growing number of family caregivers are middle school, high school and sometimes even elementary school children in this role. There is no intentional omission; rather, they are off the radar screen for the public and professionals including those in education and health care.

Yet they sacrifice their education, health, well-being and childhood to help family. Please take time to recognize and honor caregiving youth in November and throughout the 335 other days during which they selflessly serve. They are our country's hidden heroes.

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