



National Family Caregivers Month (NFCM)

This month is National Family Caregivers Awareness Month. Being a caregiver is a big responsibility. We know that family members gladly care for their loved ones, and we also know that significant care giving responsibilities can also take a toll on the person(s) providing that care. We also know that exhaustion and burn out are not good for any one. This month, we are featuring the services available to help support caregivers and give them peer and professional supports to discuss their situation and needs. Please join us as we honor caregivers across the country and encourage them to identify supports, stay connected, and lead full, enriching lives as a family caregiver. The [Caregiver Action Network \(CAN\) online toolbox](#) is designed for family caregivers. Their site is full of helpful information and forums that family caregivers can join to speak with other caregivers across the country. If you are a family caregiver reading this, thank you for all you do! Please check out the Caregiver Action Network toolbox. If you know a family caregiver please share this information!

National Native American Heritage Month

In 1990, President George H.W. Bush approved a joint resolution designating November National Native American Heritage Month. Recognition of the First Americans during the month of November has been happening each year since 1994, although there have been variations on the name. Visit nativeamericanheritagemonth.gov to find out more information on the importance of the month, and visit the First Americans Museum, located at 659 First Americans Blvd in Oklahoma City, to learn the histories of the 39 Tribal Nations in Oklahoma. We are grateful for our partnerships with Native American people and communities in Oklahoma!

Fight the Flu: It's Important to the Disability Community

Getting a flu shot is important to the disability community. The flu is a contagious disease that can have potentially serious outcomes. The flu shot is the best way to protect against the flu. It reduces the risk of serious flu-related illness requiring care in hospitals continuing to feel the impact of the COVID-19 pandemic. [These "Take 3 Actions" resources are from the CDC website](#) and tell you how to protect yourself and others from the flu.

Prematurity Awareness Month

World Prematurity Day is observed on November 17 each year to raise awareness of preterm birth and the concerns for care of preterm babies and their families worldwide. Approximately 15 million babies are born prematurely each year, accounting for about one in 10 of all babies born worldwide. Go to the [March of Dimes Prematurity Awareness](#) to learn more about supporting full-term pregnancies and helping mothers carry their babies to full-term delivery so the babies are ready to join the world when they are born.

2022- 2027 Environmental Scan: What's Going on in Your World?

The CLL is collecting information to help us shape our goals and plans for the next five years. We want to know your role(s) and opinions about disability matters, at home, at work, and for a good life in our Oklahoma communities. Please click the link below to let us know your opinions. Many thanks in advance!

https://ousurvey.qualtrics.com/jfe/form/SV_6Jte8gCkgNs0mO2

The University of Oklahoma advances a diverse, equitable, and inclusive university community by embracing each person's unique contributions, background, and perspectives. OU Norman, OU Tulsa, and the Health Sciences Center recognize that fostering an inclusive environment for all, with particular attention to the needs of the historically marginalized populations, is vital to the pursuit of excellence in all aspects of our institutional mission and enhances the OU experience for all students, faculty, and staff.

focus facts is published for the University Affiliated Developmental Disabilities Network members. Its purpose is to highlight specific information and data items relevant to developing and sustaining positive community environments. Individual information items are provided for use in this form, or for further circulation. When re-printing information please reference *focus facts* and the month of issue noted below the banner at the top of this page. The name of a contact person for additional information on items referenced in the newsletter is provided for your convenience. If you have data, information or a story to report relevant to community living, please send it to **focus facts** Editor at the Center for Learning and Leadership/UCEDD OU Health Sciences Center, PO Box 2690, Oklahoma City, OK 73126.

Please include the information source, by title, a one paragraph (or less) description or story, a contact name who can provide additional information on the subject, and a daytime or evening telephone number for the contact. If you have other questions regarding the format for submissions, please call the Center for Learning and Leadership/UCEDD Headquarters Office at (405) 271-4500.

The University Affiliated Developmental Disabilities Network is open to membership by any organization or individual who shares the interests of Network members. The Network is dedicated to identifying opportunities for collaboration and information exchange among its participating members, which leads to improving our statewide, regional or local capacity to provide a better living environment in Oklahoma for people with developmental and other disabilities and their families. The Network is partially supported through a grant from the U.S. Administration on Intellectual and Developmental Disabilities, Department of Health and Human Services, and by the Offices of the Designated Representatives of the Center for Learning and Leadership/UCEDD Collaborating Partners.

If you have a disability (Deaf/hard-of-hearing, Blind/low-vision, mobility, cognitive, etc.), and require accommodations, please reach out to Learn2Lead@ouhsc.edu. It is helpful if you share what type of accommodations will be needed to ensure that you are able to use the resource materials.