

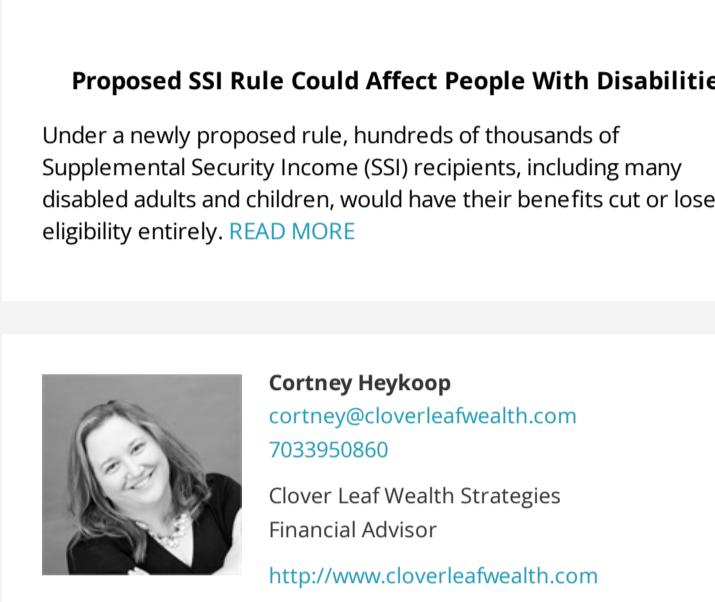
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This past month was National Family Caregivers Awareness Month, a time dedicated to recognizing and celebrating the dedication, compassion, and resilience of family caregivers. Caring for a loved one, whether a child with disabilities or an aging parent, is an act of profound love and commitment. I know firsthand that the demands of being a caregiver can take a significant physical, emotional, and financial toll.

So first, I would like to thank our community of family caregivers. Your selfless devotion does not go unrecognized. Your love and advocacy make a profound difference every day. And second, I would like to remind you to be proactive in taking care of your own health and wellbeing. Things can become very hectic especially this time of year so it's important to have strategies in place to protect against burnout. Check out the recent article on my website for strategies:

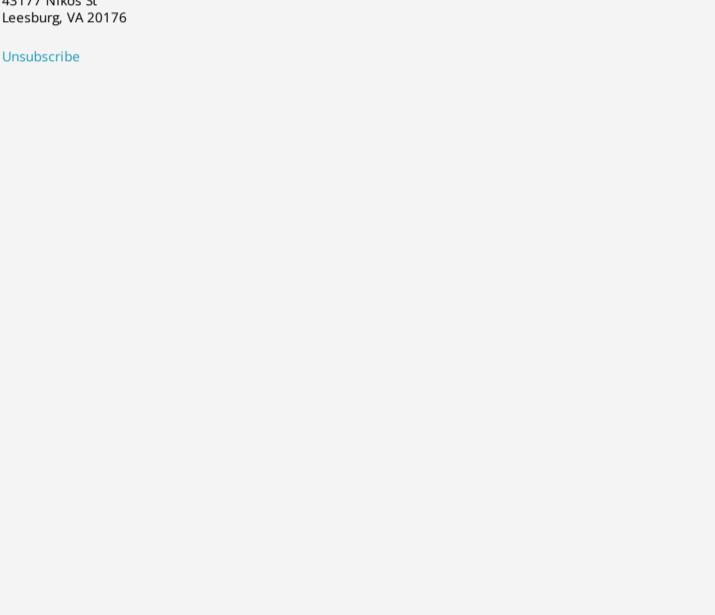
[Navigating Caregiver Burnout: Strategies for Prevention and Preparedness](#)

As always, I hope you find this article and the additional articles below helpful and informational. If I can be of assistance please feel free to reach out.



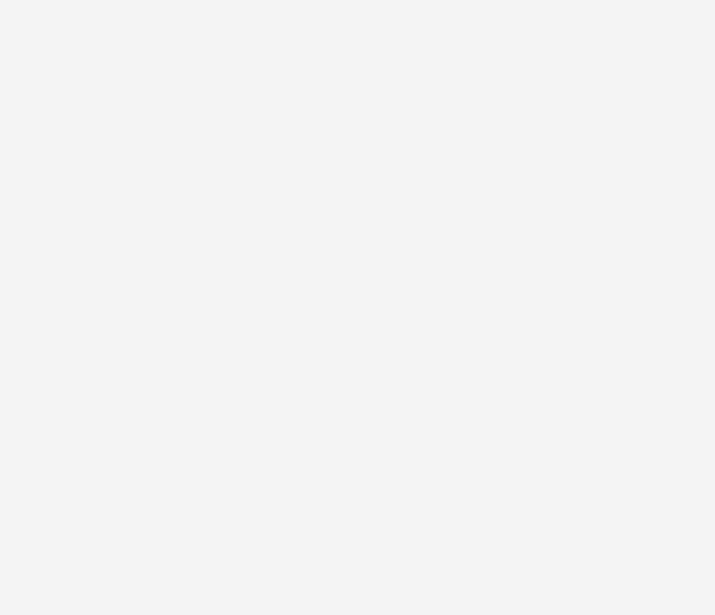
2.8 Percent Increase in 2026 for SSI and SSDI Recipients

A slight raise in benefits payments is coming in 2026 for Americans who rely on Social Security disability benefits programs such as Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI). [READ MORE](#)



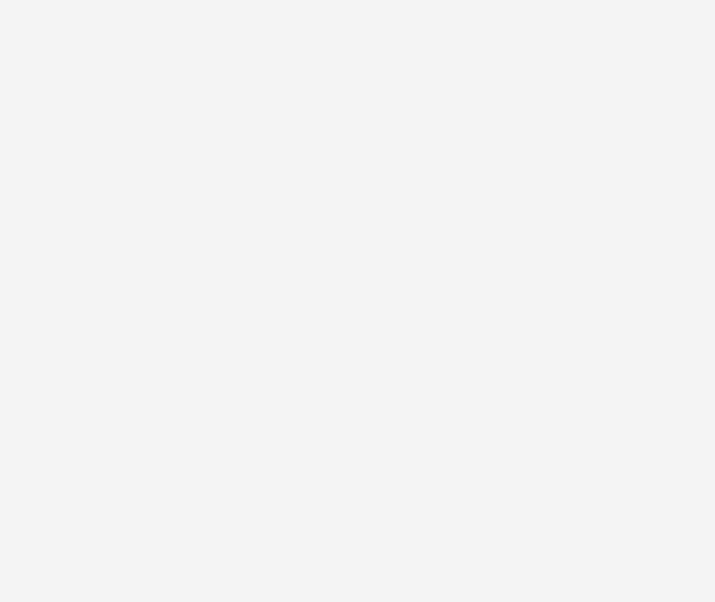
People With Disabilities Could Save More Under Proposed Bill

The ABLE Employment Flexibility Act seeks to allow individuals with disabilities to contribute a portion of their earned income to their ABLE accounts beyond the standard contribution limit. [READ MORE](#)



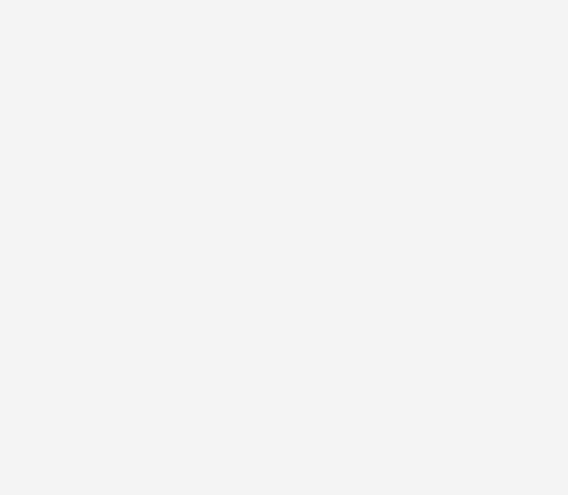
The Risks of Crowdfunding for People With Special Needs

While crowdfunding through social media and platforms such as GoFundMe can provide a financial lifeline for individuals with disabilities, it also carries risks, particularly regarding eligibility for means-tested government benefits such as Supplemental Security Income or Medicaid. [READ MORE](#)



Proposed SSI Rule Could Affect People With Disabilities

Under a newly proposed rule, hundreds of thousands of Supplemental Security Income (SSI) recipients, including many disabled adults and children, would have their benefits cut or lose eligibility entirely. [READ MORE](#)



Cortney Heykoop

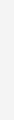
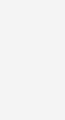
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