

## PRESS RELEASE

Date: November 6, 2023

Contact: Kasey Knutson, Public Information Officer, 509-962-7515

---

### **Come Watch Screening of UNSEEN: How We're Failing Parent Caregivers and Why it Matters**

Come watch the screening of Unseen: How We're Failing Parent Caregivers and Why it Matters at the Morgan Performing Arts Center at 400 East First Avenue in Ellensburg on November 14th. The screening is free and doors open at 5pm with light refreshments available. The documentary will start at 5:30 pm with a panel discussion immediately following the screening.

An estimated 16.8 million people in the U.S. are caring for a child with disabilities or complex medical needs. The demands of daily life and chronic stress can negatively affect the mental and physical wellbeing of parent caregivers. With limited accommodations and uncertainty about the future, caregivers often face isolation and exhaustion. In Unseen, parents are brutally honest about their experience, providing insight such as:

- “We’re just hanging on by a thread most of the time. The hardest part is that it’s nobody’s fault. It’s not our fault. It’s not his fault. It’s just part of our life.”
- “Our parenting and caregiving will continue indefinitely, and that’s just overwhelming.”
- “Most caregivers are not fine, and they are not doing well.”

Video diaries from diverse caregivers featured in the film illustrate the universality of the topics explored, while interviews with mental health and legal experts provide a broader view on the societal impacts.

Unseen: How We're Failing Parent Caregivers and Why It Matters exposes the challenges and barriers faced by many parents caring for disabled or medically complex children and adults, with the goal of increasing support and resources for caregiving families. Through the power of unfiltered, compelling stories, the Unseen documentary cultivates compassion and serves as a catalyst for change for the caregivers in our communities. Learn more at [caregiverdoc.com](http://caregiverdoc.com).

The documentary screening is in partnership with the Kittitas County Public Health Department, Kittitas County Health Network, and Kittitas Valley Healthcare. For event details, please visit [Unseen \(healthierkittitas.org\)](http://Unseen(healthierkittitas.org)).

###