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This Month in Caregiving



Summer is often a time for rest and recharging, yet for many family caregivers, this can feel out of reach. As I recently **shared** on my LinkedIn, fatherhood has given me a deeper appreciation for the importance of prioritizing rest. It's a lesson that resonates deeply within the caregiving community, where burnout and stress are all too common.

Nearly **40%** of caregivers experience high levels of stress, and for many, true rest feels like a luxury rather than a realistic option. Access to essential support services like respite care and paid leave can make all the difference.

It's no surprise a recent poll from **Pivotal Ventures** found that a majority of caregivers (67%) believe the government needs to do more to address the unique needs and financial burdens of caregiving.

In this issue, discover how the Older Americans Act can better support family caregivers, get the inside scoop on our growing state network, and explore the vital link between family caregivers and direct care workers. Keep reading for policy insights, inspiring stories, and resources to help you champion family caregivers.

Together, we're working to build a future where every caregiver has the resources and support they need to thrive – including the ability to rest and recharge.

Jason

Jason Resendez
President & CEO
National Alliance for Caregiving



New Policy Brief: OAA Reauthorization

The Older Americans Act (OAA) is a cornerstone of support for older adults and their families, providing essential programs and services. However, as OAA faces reauthorization in 2024, critical decisions need to be made to ensure continued funding and increased support to meet the growing demand for care.

That's why the National Alliance for Caregiving is committed to educating policymakers about the importance of strengthening the OAA's support for family caregivers!

Our new policy brief, "The Older Americans Act and Supporting Family Caregivers: Older Americans Act Reauthorization," outlines key priorities to enhance caregiver support under this critical legislation.

Download the brief and share it with your networks.

DOWNLOAD NEW POLICY BRIEF

Caregiver Nation Network Launches

We launched the Caregiver Nation Network (the Network), an initiative to unite caregiving leaders at the state level to inform policy solutions to our nation's care crisis. The Network links leaders from caregiver coalitions in Arizona, California, Hawaii, Illinois, Michigan, New York, North Carolina, Texas, Utah, and Wisconsin.

"As both advocates and caregivers, we understand how important it is to come together to promote awareness, education and tangible supports," said Heather Altman, Executive Director of the North Carolina Serious Illness Coalition, and Karen Appert, co-lead of the NC Caregiving Collaborative.

NAC will provide comprehensive support, including access to a collaborative online community for peer learning and knowledge exchange, policy education and communication tools to advocate for caregiver needs, data insights from leading research on family caregiving, and opportunities to participate in a national advocacy summit in Washington, D.C.

Read the full [press release](#) and follow the movement.

[Learn More](#)

Together In Care Brief

We joined forces with PHI to release, “Together in Care: Empowering Direct Care Workers and Family Caregivers to Meet Growing Demand for Care,” an issue brief that highlights policy opportunities to integrate better direct care workers and family caregivers into interdisciplinary care teams. Made possible with support from The John A. Hartford Foundation, the brief provides actionable recommendations for policymakers and health system leaders. Download the report and [executive summary](#) to learn more about this initiative.



DOWNLOAD 'TOGETHER IN CARE' BRIEF



Celebrating LGBTQ+ Caregivers

During Pride Month, we recognized the 4 million LGBTQ+ caregivers who lend their support to friends and chosen family. Among them is Hernan, a dedicated social worker at the Queens Center for Gay Seniors, who cares for a friend with chronic obstructive pulmonary disease. Hernan exemplifies the spirit of caregiving within the LGBTQ+ community, where caring for friends often becomes a vital part of life.

Hernan emphasizes the importance of training, sensitivity, and genuine inclusivity in reaching more LGBTQ+ caregivers. He believes that understanding the culture and experience of LGBTQ+ individuals is crucial for those providing resources, ensuring that support is both genuine and effective.

As we continue to elevate the voices of caregivers, and especially those who identify as an LGBTQ+ caregivers like Hernan, let's champion inclusive care policies that offer them the recognition and support they deserve, from paid leave to respite care.





We recently released a groundbreaking **report** highlighting the vital role family caregivers play in transplant care (read about it in **STAT News**). Now, we want to take it a step further and amplify the voices of those who have lived this experience.

We're calling on transplant caregivers and donors to share their stories. Your perspectives are invaluable in shedding light on the challenges and triumphs of this journey, and in advocating for the critical support and resources that families deserve.

If you're a caregiver who has supported a loved one through a transplant, or a donor who has made the incredible decision to give the gift of life, we want to hear from you. Your personal narrative has the power to create real change.

Share your story **here** with us today and let's make a difference together.

 A dark blue rectangular graphic. On the left is a white line-art illustration of two people embracing. To the right of the illustration, the following text is displayed:

Are you a family caregiver to someone undergoing or waiting for a transplant?
 Did you serve as the person's living donor and their transplant caregiver?

Share your transplant journey!

TAP TO GET STARTED

 The NAC logo is in the bottom right corner of the graphic.


It's been a whirlwind of media attention for NAC and the issues we work on. We're not just making headlines; we're shaping the narrative around family caregiving and pushing for real change.

- Shining a Light on Youth Caregiving: Our groundbreaking data on youth caregivers was featured in **USA Today**, on Melinda French Gates' **LinkedIn**, and on a **Fox News** segment that included the American Association of Caregiving Youth. The conversation is growing, and we're leading the charge.
- Caregiving in the Spotlight: **Fortune magazine** turned to NAC's expertise to shed light on the vital role caregivers play in supporting the health of loved ones at home.
- Tackling Workforce Shortages: **McKnight's Senior Living** quoted our very own Toni Gingerelli on the importance of training to bridge the gap between family and paid caregivers. We're influencing policy discussions on this critical issue.
- Research with Impact: Our VP of Policy & Advocacy, Mike Wittke, co-authored a study published in **The Gerontologist**, highlighting the link between successful aging and family caregiving. This research emphasizes the need for robust data to inform better policies and practices.
- Caregiver Nation in the News: The Caregiver Nation Network made a splash in **POLITICO**, showcasing the launch of this important initiative.



[Caring for the Caregiver](#)

Join us for a special webinar presented by the Myelodysplastic Syndromes (MDS) Foundation, in partnership with the National Alliance for Caregiving (NAC), on **Thursday, July 18th at 12pm ET.**

This informative session will delve into the unique challenges and needs of transplant caregivers, drawing on NAC's extensive research and advocacy efforts.

Topics covered will include:

- NAC's initiatives to improve the lives of America's 53 million family caregivers
- An overview of the experiences and needs of transplant caregivers
- The National Strategy to Support Family Caregivers: A roadmap for comprehensive support and how you can get involved

Featured speakers:

- Toni Gingerelli, Director of Policy & Advocacy at NAC

- Yadira Montoya, Programs Director at NAC

Don't miss this opportunity to learn, connect, and empower yourself as a caregiver.

REGISTER TODAY!

[Workforce Investment Systems 101](#)

Join us for a crucial webinar, "Workforce Investment Systems 101: Engaging with State Workforce Systems – Learning the Language to Build Partnerships," on **Thursday, July 11th, from 3:00 – 4:00 PM ET.**

This session is designed to equip you with the knowledge and tools needed to forge strong partnerships between state workforce development systems and Medicaid/home and community-based service agencies.

This webinar is a must-attend for anyone seeking to drive positive change in the direct care workforce system.

REGISTER TODAY!



We've been busy advocating for family caregivers, shaping policy, and generating research that matters. Here's a quick recap of some of our recent highlights:

New Research Partnership: We've **partnered with Arcadia University**, with support from The Michael J. Fox Foundation, to study the unique experiences of Parkinson's disease caregivers. This research will help us better understand the needs of this community and advocate for targeted supports.

Policy Impact: Grantmakers In Aging and Grantmakers In Health released a **fact sheet** outlining key recommendations for strengthening the Older Americans Act (OAA), a crucial piece of legislation for family caregivers. We're championing OAA to ensure caregivers' voices are heard.

Partner Spotlight: The John A. Hartford Foundation released its **annual report**, highlighting its significant contributions to the caregiving field, including supporting the National Strategy to Support Family Caregivers and the Caregiver Nation Summit. We're proud to collaborate with The John A. Hartford Foundation to make these pivotal moments possible.

Welcome New Team Member: We're thrilled to welcome Dora Maradiaga Diaz to our growing policy and advocacy team. Her expertise in health policy and economics will be invaluable as we continue to fight for caregiver rights.

NAC in the News: Our CEO, Jason Resendez, shared his **insights** on the vital role of unpaid caregivers in the latest **Senior Report** from America's Health Rankings. According to Jason, "By shining a light on the diverse experiences of care through data, we can better equip the nation to support caregivers — because as long as there are families, love and people, there will always be care."

Changing the Narrative on Care: We joined Caring Across Generations for a thought-provoking webinar on shifting the conversation around caregiving. Don't miss the **replay!**

Have a question about something you read in this month's newsletter?
Email us at media@caregiving.org

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