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September 24, 2024

Welcome to *Care Notes*! We're excited to introduce this new biweekly e-newsletter, where we'll share insights from across the caregiving ecosystem, helping to mobilize support and drive efforts to make caregiving more sustainable, equitable and dignified for all.

## TWO YEARS OF PROGRESS

### An Update on The National Strategy to Support Family Caregivers



By [Jason Resendez](#), *President and CEO of NAC*

From our first breath to our last, caregiving shapes every aspect of our lives. It's woven into the fabric of our families, communities, and economy. At the heart of this vital support system are America's 53 million family caregivers who navigate aging, serious illness, and disability care for loved ones and chosen family. They are the backbone of our healthcare system and economy.

Yet, despite their crucial role, these dedicated individuals often go unrecognized. This lack of acknowledgment has far-reaching consequences, with many caregivers facing significant financial strain, health challenges, and emotional burnout due to insufficient support systems. In fact, [recent data](#) from the CDC shows that caregiver health is declining across several indicators, including obesity and depression.

That's why NAC has been a long-standing advocate for a whole-of-government approach to supporting family caregivers. And just in the last week, the Administration for Community Living (ACL) issued their comprehensive [Report to Congress on Federal Implementation of the Strategy](#) detailing the progress made by 15 federal agencies in implementing the National Strategy to Support Family Caregivers.

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## PRESIDENT BIDEN CITES NAC RESEARCH



During a recent event at the White House, President Biden recognized NAC and AARP's [Caregiving in the U.S. research](#), stressing the need for the world's best "caregiving economy" to support our nation's 53 million family caregivers. This acknowledgment reflects the growing strength of the care movement, fueled by the

unwavering advocacy of millions and the exceptional leadership of our partners across the care community.

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