



# National Alliance for Caregiving



## 2025 Policy Agenda

---

Family caregivers are the backbone of our nation's healthcare system and economy, strengthening our communities and families. With more than 53 million family caregivers providing complex care for family and friends across our country, in every state, and every community, the need for meaningful action has never been greater.

The National Alliance for Caregiving (NAC) is a catalyst for change, transforming how the United States recognizes, supports, and values family caregivers. Through our nationally recognized caregiving research and advocacy, we drive policy, system, and culture change to elevate family caregivers as a national priority. We foster partnerships across aging, disability, healthcare, philanthropy, and the private sector with the goal of making family caregiving more sustainable, equitable, and dignified.

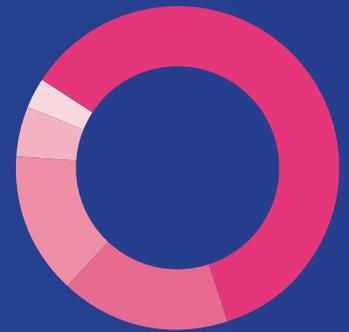
We seek common ground while advocating for our core belief: **family caregivers deserve better, more supportive systems of care.**

# Who Are Our Nation's Family Caregivers?

More than  
**53 million Americans**  
provide complex care



**61%** Women  
**39%** Men



**61%** White\*  
**17%** Hispanic or Latino  
**14%** African American or Black\*  
**5%** Asian American or Pacific Islander  
**3%** other including multi-racial

*\*non-Latino*

**40%**

are in high-intensity caregiving situations providing more 24 hours of care each week

**61%**

of caregivers work while providing care

**51%**

find a sense of purpose in caregiving

**5+ mil**

people under the age of 18 help to provide care across the U.S.

# Policy Framework

---

Our policy framework is anchored in the belief that **caregivers are essential to our families, healthcare systems, and economy** – and deserve systems that truly support them. Building on three strategic objectives, we advocate for policies that make family caregiving more sustainable, equitable, and dignified.

## STRATEGIC POLICY OBJECTIVES

### CHAMPION CAREGIVER HEALTH AND WELLNESS

*Goal:* Address the complex and often interrelated physical, social support, and mental health needs of family caregivers.

### FOSTER CAREGIVER FRIENDLY COMMUNITIES

*Goal:* Strengthen home and community-based services and supports including aging, public health and disability services and systems for all family caregivers.

### PROMOTE CAREGIVER FINANCIAL WELL-BEING

*Goal:* Ensure financial and workplace security throughout the lives of family caregivers

*Champion the Lived Experiences of Family Caregivers*

*Champion Opportunity and Accessibility for all Family Caregivers*

## NATIONAL STRATEGY TO SUPPORT FAMILY CAREGIVERS

---

Our policy framework aligns with the 2022 National Strategy to Support Family Caregivers (National Strategy), a first-of-its-kind roadmap for federal and state policymakers, agencies, the private sector, community leadership, and philanthropic leaders to increase coordination and access to support and services for family caregivers across the United States.

**Spearheaded by the Administration for Community Living (ACL), the National Strategy catalyzes action across 15+ federal agencies to advance five core goals:**

1. Increase awareness of, and outreach to, family caregivers
2. Advance inclusion and engagement of family caregivers within care teams
3. Advance innovations in family caregiver services and supports
4. Strengthen financial and workplace security of family caregivers
5. Advance a family caregiver national research and data collection strategy

In September 2024, ACL released a report to Congress detailing the progress made by federal agencies in implementing the National Strategy. The update reflects that most of the recommended action steps for federal agencies are in progress, with some completed and added –including 40 new actions since 2022.

## 2025 POLICY PRIORITIES

### Champion Caregiver Health and Wellness

---

Family caregivers are the backbone of our healthcare system, serving as essential partners to both patients and healthcare providers, yet their expertise and needs are often overlooked by the system they support.

**1 in 4** caregivers find it difficult to take care of their own health\*

- Protect and increase access to comprehensive care for family caregivers navigating complex care for themselves and their care partners.
  - Increase access to navigation, support, and training services (e.g. Caregiver Training Services).
  - Increase access to telehealth.
- Strengthen Medicare's recognition and support of family caregivers.
  - Expand Medicare coverage of additional in-home health benefits for beneficiaries and their caregivers.
  - Promote the integration and utilization of assessments to proactively identify and provide targeted intervention & support for family caregivers.
  - Incentivize Medicare Advantage and Accountable Care organizations to better engage and support family caregivers.

### Promote Caregiver Financial Well-Being

---

Despite contributing an estimated \$600 billion to our economy, family caregivers remain largely unrecognized by our nation's economic policies and employers, greatly jeopardizing both their financial health and our broader economic stability.

**45%** experience at least one financial impact, including going into debt and letting bills go unpaid\*

- Advocate for policies that promote economic security and workforce participation, including comprehensive paid family and medical leave and long-term care financing.
- Lower the out-of-pocket costs associated with complex care by establishing a refundable caregiver tax credit and social security caregiver credit.
- Address the toxic impacts of debt and debt collection practices that family caregivers experience as they navigate complex healthcare and support systems.

### Foster Caregiver Friendly Communities

---

Community-based supports, services, and resources are vital for recognizing and sustaining family caregivers. Yet, these essential services often remain limited or inaccessible to those who need them most.

**Just 14%** of caregivers report having used respite services\*

- Support family caregivers at the community-level by investing in Older Americans Act (OAA) Programs and Services:
  - Reauthorize and adequately fund the National Family Caregiver Support Program (NFCSP).
- Support implementation of the National Strategy to Support Family Caregivers:
  - Reauthorize the RAISE Family Caregivers Act and the Supporting Grandparents Raising Grandchildren Acts.
  - Adequately fund the federal programs aimed at supporting family caregivers, including caregiving projects of national significance and the Lifespan Respite Care Program.
- Protect and preserve access to Medicaid funded home and community-based services for family caregivers and their care partners, including "self-direction" programs.
- Advance and protect the vital connections between direct care workers and family caregivers to promote care team integration that will lead to shared decision making, collaborative problem solving, and better communication.

*Source: NAC and AARP, Caregiving in the U.S. 2020*