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February 12, 2025

Honoring Black History Month

As we celebrate Black History Month, we recognize the significant contributions of African American caregivers. According to the National Alliance for Caregiving (NAC) and AARP's Caregiving in the U.S. 2020 report, African American caregivers often find their caregiving role purposeful, taking pride in taking care of their family members and loved ones.

This spirit of dedicated caregiving shines through in the story of [Brenda and Rob](#), whose experiences illuminate the remarkable resilience that characterizes experience of millions of family caregivers. Below are a couple of facts on the "typical" African American caregiver, highlighting some of the challenges they face.

- **Higher Time Commitment** – African American caregivers provide over 31 hours of care per week, significantly more than the national average of 23.7 hours.
- **Greater Financial Strain** – 57% of African American caregivers report moderate to high financial strain due to caregiving, compared to 45% of all caregivers.
- **More Multigenerational Care** – 34% of African American caregivers support multiple people, often balancing care for both older relatives and children.

Read Brenda and Rob's caregiving story and our African American Caregiver [Fact sheet](#) 2020 for deeper insights.

Care Facts

**According to NAC & AARP
Caregiving in the U.S 2020,
7.4 million
African Americans
provide unpaid care in
the United States.**

nac
National Alliance for Caregiving

CARE POLICY UPDATES

On February 9, NAC [submitted comments](#) to the Centers for Medicare and Medicaid Services (CMS) urging them to make family caregiver support an integral part of high-value care through Medicare Advantage, recommending expanded supplemental benefits and caregiver-focused metrics in Star Ratings. Star ratings help Medicare beneficiaries and family caregivers explore and compare how plans perform in different categories. With family caregivers being essential to healthcare delivery, NAC emphasized that supporting caregivers through Medicare Advantage can improve both beneficiary outcomes and caregiver health and wellness.

NEW DATA RELEASED

JUST RELEASED!

**PARKINSON'S DISEASE
CAREGIVING IN THE U.S.**

DOWNLOAD NOW

nac
National Alliance for Caregiving

**THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**

**ARCADIA
UNIVERSITY**

Parkinson's Disease Caregiving in the U.S.

In partnership with The Michael J. Fox Foundation for Parkinson's Research and Arcadia University, NAC released a comprehensive study revealing the immense, often unrecognized

challenges faced by caregivers providing care for individuals living with Parkinson's

disease in the United States. Read our [press release](#) and the report is now available for download.

[Download the Full Report](#)

Share Your Caregiving Story

Stories are powerful connectors, and we at NAC are dedicated to uplifting the diverse voices of family caregivers across the U.S. By sharing your experience, you help put a human face to the challenges caregivers face every day.

We pair these stories with data from our research to drive policy, system, and cultural change, ensuring family caregivers get the support they deserve.

Tell your story today and be part of the movement for change!



[Tell Your Story Here](#)

CAREGIVING IN THE NEWS

NEW YORK TIMES

Our CEO Jason Resendez covers the implications of the recent reversal of a federal funding freeze, highlighting concerns about potential disruptions to aging and caregiving services nationwide.

[Read More](#)

MCKNIGHT'S HOME CARE

Leverages NAC latest report, "Parkinson's Disease Caregiving in the U.S.", revealing the stark realities of Parkinson's caregivers.

[Read More](#)

HOSPICE NEWS

NAC's Programs Director, Yadira Montoya, highlights the critical need for palliative care in supporting transplant patients and their family caregivers.

[Read More](#)

THE INVISIBLE EMPLOYEES PODCAST

Jason joins Selma Archer and Zack Demopoulos to discuss the challenges and opportunities faced by working caregivers and their employers, offering insights into balancing professional responsibilities with caregiving duties.

[Listen](#)

UPCOMING EVENTS

February

26

+ **Patient-Centered Economic Impacts Workshop**
 February 26, 2025 | 1:00-3:00 PM ET | Virtual
The Economic Realities of Caregiving

SPEAKER
 Geri Baumgart, MA
 Articulations Consulting
 Caregiver Advocate

SPEAKER
 Christine Freund, CSW
 Caregiver Advocate

SPEAKER
 Tara Lavelle, PhD
 CEVR, Tufts Medical Center
 Assistant Professor

SPEAKER
 Dorothy Wainwright
 Patient, Family, and
 Caregiver Advocate

Center for Innovation & Value Research

Join the Center for Innovation & Value Research for the third installment of their six-part workshop series within the Center's Patient-Centered Economic Impacts Project. Explore caregiving's economic challenges and their impact on patients, families, and the broader healthcare system. This interactive workshop will provide actionable insights for researchers, patients, caregivers, and other stakeholders. [Register Now.](#)

February
27

Register today!

ESRD NCC Transplant Learning and Action Network Call

Thursday, February 27, 2025
 3–4 p.m. ET
 2–3 p.m. CT
 1–2 p.m. MT
 Noon–1 p.m. PT

Title: Bridging the Gaps: Improving Caregiver Support in Transplant

Objectives:

- Describe the experiences and challenges family caregivers face throughout the transplant journey.
- Highlight key findings from NAC's 2024 report.
- Discuss recommendations to improve caregiver support services in transplant care to enhance patient outcomes.

Event Speakers

Yadira Montoya, MSPH, Programs Director of the National Alliance for Caregiving (NAC). She oversees key organizational initiatives that focus on the health and wellbeing of family caregivers. Prior to joining NAC, Yadira held leadership roles in academia, healthcare, non-profit, and the philanthropic sector.

Melina Pineyro, MPH, Senior Manager of Health Programs at the National Alliance for Caregiving. With expertise in program development, community engagement, and strategic partnerships, Melina has led impactful community initiatives in healthcare, academia, and nonprofits.

Register today!

Go to: <https://hsaonline.webex.com/webex/register/j97dba76e279eba3cb13320d5e63e9ff>.

- Click Register button at top of page.
- Enter information on registration form and click the Submit button at bottom of page.
- The ESRD NCC will send a meeting confirmation to the email address provided at registration.

Continuing Education Unit (CEU) Provided: One CEU will be provided to nurses, social workers, and dietitians for attending this meeting.

For any questions or technical assistance, please contact the ESRD NCC at nccinfo@hsa.com.

www.esrdncc.org | [Facebook](https://www.facebook.com/esrdncc) | [Instagram](https://www.instagram.com/esrdncc) | [LinkedIn](https://www.linkedin.com/company/esrdncc) | [YouTube](https://www.youtube.com/channel/UC...) | [TikTok](https://www.tiktok.com/@esrdncc)

This material was prepared by the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. PL ESRD NCC HCP#00-0124202-01

The ESRD NCC Transplant Learning and Action Network Call is hosting, "Bridging the Gaps: Improving Caregiver Support in Transplant", a vital discussion on the challenges family caregivers face throughout the transplant journey. This session will highlight key findings from NAC's 2024 report and explore recommendations to strengthen caregiver support services—ultimately improving patient outcomes. Facilitated by NAC's Programs team, Yadira Montoya & Melina Pineyro -- Join us for this important conversation on enhancing support for transplant caregivers! [Register Here](#).

March
18

transform.

Beyond Parental Leave: Caregiving and the Sandwich Generation at your Workplace

Session brought to you by **Sparrow**

Deborah Hanus
Co-Founder & CEO
SPARROW

Donald Knight
GSVP, People & Culture
WARNER BROS. DISCOVERY

Lan Lee
VP, People & Culture
SAN FRANCISCO GIANTS

Jason Resendez
President & CEO
NATIONAL ALLIANCE FOR CAREGIVING

March 17-19 | Wynn Las Vegas

Family caregivers make up a significant portion of the workforce, yet many struggle to balance their jobs with caregiving responsibilities. At Transform 2025, NAC's President & CEO, Jason Resendez, will join industry leaders to discuss how businesses can better support working caregivers through leave policies, workplace flexibility, and a "care-aware" culture. Learn more and [register here](#).

CONNECT WITH US

ON SOCIAL



Connect with NAC on social media to get the latest updates on our advocacy efforts, resources, and events.

Join our online community to support and uplift caregivers nationwide.



Let's Connect



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