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March 14, 2025

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## Championing Women Caregivers: Strength, Advocacy and Wellness

March is a time to recognize the resilience of women caregivers, who make up 32 million of our nation's 53 million family caregivers, and a time to shine a light on the challenges they navigate as family caregivers. According to NAC and AARP Caregiving in the U.S report, 39% of women caregivers reported being more stressed compared to male caregivers, underscoring the need for greater supports and resources.

Caregiving plays a crucial role in the workplace, where women often balance professional responsibilities with caregiving duties. In a recent [conversation](#) hosted by New York Life, NAC's CEO Jason Resendez explored the importance of workplace wellness policies that better support family caregivers. And in the corporate space, leaders like [Ashley Magargee from Genentech](#) continue to champion the needs of working caregivers, advocating for policies that recognize their dual roles.

This month, we honor women caregivers. Women who advocate, give, and redefine what it means to care. Their contributions shape families, workplaces, and communities in powerful ways.

## Kidney Awareness Month

March is also Kidney Awareness Month, and we're spotlighting a phenomenal woman like Jeanne— a mother, caregiver, and living kidney donor who made the life-changing decision to give her daughter, Lauren, a second chance at life.

According to UNOS, in 2022 alone, more than 25,000 kidney transplants were performed in the U.S., with nearly 6,000 coming from living donors like Jeanne. Watch Jeanne's story [here](#) and learn more about transplant care from our 2024 report, [Gaps and Opportunities: Family Caregiver Programs in the U.S Transplant Centers](#).



Photo above: Jeanne and her daughter, Lauren.

## CARE POLICY UPDATES

### Protecting Medicaid: A Lifeline for Family Caregivers

NAC recently released a policy brief: [The Role of Medicaid in Supporting Family Caregivers](#), that highlights the critical role Medicaid plays in supporting family caregivers. As the largest payer for long-term services and supports, Medicaid ensures that millions of Americans receive care in their homes rather than in costly nursing facilities. However, with Medicaid at risk, it is essential to raise awareness of its value and advocate for policies that protect these vital services.

While federal programs like the National Family Caregiver Support Program and the Lifespan Respite Care Program provide some assistance, they are fragmented and unable to fully meet the needs of family caregivers. Medicaid has become the nation's primary source of caregiver support, offering direct financial assistance as well as crucial services like respite care, training, and counseling. Medicaid is a lifeline that helps families avoid or delay institutional care.

To support our collective advocacy efforts, NAC, in collaboration with the Act on RAISE Campaign, developed a [Medicaid Advocacy Toolkit](#) to help caregivers, advocates, and partner organizations highlight the vital role of Medicaid and push back potentially devastating cuts and policy changes that threaten essential services under Medicaid.

What's in the toolkit?

✓ **Policy Brief:** The Role of Medicaid in Supporting Family Caregivers

✓ **Social Media Resources:** Sample posts, branded and non-branded graphics

- ✓ **Key Talking Points:** How Medicaid sustains caregivers and families
- ✓ **Credible Data & Reports:** Evidence to strengthen advocacy efforts



Download the Policy Brief

## Tell Us Your Medicaid Story

With Medicaid at risk, now is the time to mobilize and ensure policymakers understand its critical role. If you are a caregiver who relies on Medicaid, we want to hear your story. Help us highlight the real impact of these services by sharing your experience. Submit your Medicaid care story [here](#).



## NAC Welcomes New Team Members

NAC is excited to welcome three accomplished professionals to our team, reinforcing our commitment to transforming how America values and supports family caregivers.

**Elaine Dalpiaz, Vice President for Government Affairs and Policy**, brings over 30 years of experience in advocacy, policy, and communications, with a focus on long-term services and supports for families and older Americans.

**Adali Hernandez, Senior Director of Corporate & Foundation Relations**, will lead efforts to cultivate strategic partnerships and secure resources to advance NAC's mission.

**Dr. Lori Frank, Senior Research Fellow**, joins NAC with deep expertise in health research, particularly in caregiving, dementia services, and memory screening.

With their expertise in policy, research, and partnerships, NAC is poised to drive systemic change that elevates and supports the role of family caregivers. Join us in welcoming Elaine, Adali, and Lori to the team! Learn more about their backgrounds and impact [here](#).



## CAREGIVING IN THE NEWS

### USA TODAY

Medicaid is a lifeline for 1 in 5 Americans, including millions of family caregivers who rely on it to balance care and work. A new USA TODAY article highlights what's at stake if proposed Medicaid cuts move forward, citing NAC and AARP research on the financial risks, especially for women. [Read](#) how Medicaid helped Janae Stevenson's family care for her grandfather while keeping their jobs.

# ABC NEWS

A powerful new ABC News story sheds light on the immense challenges family caregivers face, reinforcing what NAC’s research has long shown. Through the stories of Brandon Will and Ty Lewis, we see the urgent need for stronger caregiver support systems. ABC News followed Ty to our Caregiver Nation Summit, where she joined advocates urging policymakers to protect Medicaid, Medicare, and the Older Americans Act—lifelines for millions of families. Read the [article](#) and [watch](#) the documentary.

## UPCOMING EVENTS

March

18

**transform.**

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

Session brought to you by **Sparrow**

			
<b>Deborah Hanus</b> Co-Founder & CEO SPARROW	<b>Donald Knight</b> GSVP, People & Culture WARNER BROS. DISCOVERY	<b>Lan Lee</b> VP, People & Culture SAN FRANCISCO GIANTS	<b>Jason Resendez</b> 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.

[Register.](#)

March

18

*Engaging with Media*  
**for HCBS and Dementia Policy Impact**

Join us for a webinar on getting your research and policy activities covered by popular media to increase the impact of your work. Learn when, why, and how to engage with media; what it's like to be interviewed; and skills and best practices for engagement. This webinar will not be recorded to allow for Q&A with panelists and discussion.

**Register:**  
<https://bit.ly/engagingwithmedia>

Featuring:  
**Kezia Scales, PhD:** Vice President of Research & Evaluation, PHI  
**Francesca Falzarano, PhD:** Asst. Professor, USC Leonard Davis School of Gerontology  
**Warren Robak,** Senior Media Relations Advisor at RAND  
**Raven Weaver, PhD:** Assoc. Professor, Washington State University

TUESDAY  
MARCH 18, 2025

TIME  
10:00 AM PT /  
1:00 PM ET

<https://bit.ly/CaN-Dnetwork>

**CaN-D**  
Community Care Network for Dementia

Join CaN-D (Community Care Network for Dementia) for their **Engaging with the Media for HCBS and Dementia Policy Impact webinar** on March 18 at 1 PM. Learn how to effectively engage with popular media, increase the impact of your research, and refine your media skills. Hear from expert guests and participate in breakout room sessions to practice crafting soundbites. Don't miss the chance to elevate your media engagement. [Register](#).

March

20

MEDICAID SPENDING REDUCTIONS:  
**Implications For Older Adults**

March 20, 11 am - 12 pm ET

**Medicaid Spending Reduction: Implications for Older Adults -** Join the John A. Hartford Foundation for a virtual, nonpartisan briefing on March 20 at 11am ET to explore proposed Medicaid spending reductions and their potential impacts on older adults and family caregivers. Medicaid supports nearly 9 million older adults, covering essential home and nursing care that Medicare does not. Policymakers must consider how these changes could affect families, state budgets, and local economies. [Register](#).

# CONNECT WITH US

# ON SOCIAL

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Did you know that family caregivers provide over \$600 billion in unpaid care annually, saving the healthcare system billions by preventing costly institutional care. As the ...more

**Family caregivers are the backbone of our nation's long-term care system.**



**Protect Medicaid from drastic cuts and harmful policy changes.**

 

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



National Alliance for Caregiving | 1730 Rhode Island Ave. NW Suite 812 | Washington, DC 20036 US

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