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April 10th, 2026

More Than Visitors: Supporting Family Caregivers During Donate Life Month

April is **National Donate Life Month**—a time to honor those who give the gift of organ donation, eye, or tissue. The National Alliance for Caregiving joins in that recognition, while also lifting up the family caregivers who step in before, during, and after a transplant.

Too often, the health care system treats these caregivers as visitors, not as essential members of the care team. According to [Caregiving in the US 2025](#), there are now more than 63 million family caregivers in America—a 50 percent increase since 2015. More than half perform medical or nursing tasks, yet only 22 percent have received any training.

As one family caregiver shared, “I have taken my mom to probably 100 doctor appointments, and no one ever asked me about my health.”

For families navigating the transplant process—whether awaiting a donor organ or managing post-transplant recovery—the lack of caregiver training, financial support, and systemic recognition is not a minor gap. It is a patient safety issue.

This Donate Life Month, we ask: How do we stop treating family caregivers as visitors and start integrating them as what they already are? Essential.

[Read](#) the National Alliance for Caregiving and C-TAC's "**Not Just Visitors: Integrating Family Caregivers in Care Delivery and Design**" for more.



CAREGIVING DATA

The \$1.01 Trillion Backbone of American Care

Family caregivers are the backbone of America's long-term care system—and their labor now exceeds \$1 trillion annually. A new AARP report, [Valuing the Invaluable 2026](#), draws on joint research and finds that our nation's 63 million family caregivers provide 49.5 billion hours of care each year. If that work were paid at market rates, it would be valued at \$1.01 trillion—more than total federal, state, and local Medicaid spending nationwide.

Our own [Caregiving in the US 2025 report](#), conducted with AARP, revealed that nearly half of family caregivers report negative financial impacts. Twenty-three percent have taken on debt while caregiving, and 14 percent have been unable to afford basic needs like food.

This isn't just an economic issue. It is a health, workforce, and family well-being issue.

Employers, policymakers, and health systems all have a role to play in supporting caregivers.



\$1 trillion

— the economic value of
America's Family Caregivers.

Source: AARP, "Economic Value of Family Caregiving Reaches \$1 Trillion Dollars Annually."

[Read the full Valuing the Invaluable 2026 report](#)

New Data: The High Cost of Caregiving for Working Women

A new report from [Cleo](#), the third annual [Family Health Index](#), sheds light on a growing crisis among working family caregivers. The index, which assesses burnout risk among working parents and caregivers, found that 64 percent of women in the sandwich generation—those caring for both children and aging parents—are at a breaking point.

Women ages 40 to 54 face the highest burnout risk of any age group. Many report declining health, increased isolation, and higher rates of depression and anxiety. The most strained caregivers include those managing neurodivergent children, teens, or their own perimenopause and menopause symptoms while also caring for a loved one.

The financial impact is just as striking. Caregivers at high risk of burnout incur nearly double the medical costs of their lower-risk peers—roughly \$1,000 per person per month compared to \$600.

As NAC President and CEO Jason Resendez is quoted: "This isn't a test of individual resilience; it's a systemic failure to provide the support these emotional realities demand."

When employers invest in caregiving support, they see lower healthcare costs, fewer unplanned leaves, and stronger loyalty from the employees carrying the heaviest loads.

[Learn more](#)

How Technology Is Changing Family Caregiving

Family caregivers are juggling more than ever before. From coordinating medical appointments to managing medications and tracking daily health changes, the demands continue to grow. In response, many caregivers are turning to technology for help.

Data from our [Caregiving in the US 2025](#) report reveals a significant shift in how digital tools are being adopted to support care. Currently, 41 percent of family caregivers use technology or

software to track their recipient's personal health records. Remote monitoring usage has nearly doubled since 2020, climbing from 13 percent to 25 percent. And while only three in ten caregivers tracked health records digitally in 2020, now four in ten do. Notably, female caregivers are adopting digital health records at higher rates than their male counterparts—43 percent compared to 38 percent.

This growing reliance on technology presents both opportunities and challenges. Digital tools can help caregivers coordinate care, monitor health conditions, and manage daily tasks more efficiently. But ensuring equitable access across all caregiver populations remains critical.

Thank you to the Administration for Community Living, the National Caregiver Support Collaborative, and the CARE Network for their support of this important research.



[Explore More](#)

CARE POLICY

NAC Responds to President's FY27 Budget Request

"Flat funding for aging and family caregiver programs in the President's FY27 budget proposal fails to meet the rising demands of caregiving in America." – Jason Resendez, President and CEO of the National Alliance for Caregiving.

With more than 63 million family caregivers providing ongoing, complex care across the country—a nearly 50 percent increase in just one decade—the gap between need and federal investment has never been wider. These responsibilities are not small. They are the invisible backbone of our nation's long-term care system. According to new research from AARP, [the economic value of America's family caregivers is \\$1 trillion](#). Yet program funding has stagnated, leaving families to coordinate complex medical care and manage chronic conditions without adequate support. Cuts to NIH research and federal agency reorganization only add to the uncertainty facing caregivers today and tomorrow.

This is untenable. Flat funding is not neutrality—it is a choice to leave millions of families behind as demands rise and resources shrink. Every day Congress waits, more caregivers slip into debt, skip basic necessities, and burn out without relief.

"Family caregivers are vital to the nation's health system, and federal investment should match their importance," said Resendez. "The FY27 budget is a critical opportunity, and Congress must act to align resources with the realities of care in America."



"Flat funding for aging and family caregiver programs in the President's FY27 budget proposal fails to meet the rising demands of caregiving in America. As families providing care have grown nearly 50% in the last decade, reaching over 63 million, program funding has stagnated.

Family caregivers are vital to the nation's health and economy, and federal investment should match their importance."



Jason Resendez
President & CEO
National Alliance for Caregiving

[Read NAC's statement](#)

ELEVATING CAREGIVER VOICES

Making Caregiving a Public Health Priority

This **National Public Health Week**, we are recognizing a simple but often overlooked truth: the health, financial security, and well-being of the nation's more than 63 million family caregivers are shaped by the same forces that shape public health itself—where they work, where they live, and how they are supported within their communities.

According to our [Caregiving in the US 2025 report](#), nearly one in five family caregivers report that their own health has worsened due to caregiving responsibilities. Among working caregivers, nearly half have had to make workplace adjustments such as going in late, leaving early, or taking time off to provide care. And caregivers who lack access to supportive community spaces or social connections are twice as likely to report high emotional stress.

Caregiving does not happen in a silo. When housing, transportation, workplace policies, and social infrastructure fail, caregivers pay the price. But when these systems work together, families thrive.

This National Public Health Week, we are asking you to help us build a public health system that truly includes family caregivers. Share your story about how where you work, live, or connect with your community has impacted your caregiving experience or ability. Your voice can help change policies, programs, and perceptions for millions of caregivers nationwide.


Let's make caregiving a public health priority.



👉 Share your story here

Caregivers Needed for Research Study

Our research team* is conducting a study to improve end-of-life care for nursing home residents. We are **seeking participants who were caregivers for a loved one who passed away in a nursing home** to take part in a telephone or Zoom interview.



Participation includes **up to a 1 hour interview** to discuss your experience with and thoughts about end-of-life care.


In appreciation for your time, you will receive a \$50 e-gift card.

To be eligible, you:

- Must be 18 years of age or older
- Have been the caregiver for a loved one who passed away in a nursing home during the past 3 years
- Must speak English, Spanish or Mandarin

If interested, please email: nursing_hspstudy@cumc.columbia.edu or call **877-464-7839** to confirm your eligibility

* Research Team: Columbia University School of Nursing, the MJHS Institute for Innovation, and the RAND Corporation



Need Interested Caregivers for Hospice in Nursing Homes Study

Columbia University School of Nursing, the MJHS Institute for Innovation, and the RAND Corporation are conducting a study to improve end-of-life care for nursing home residents. They are seeking participants who were caregivers for a loved one who passed away in a nursing home to take part in a telephone or Zoom interview lasting up to an hour to discuss their experience with and thoughts about end-of-life care. Participants will receive a \$50 e-gift card for their time. To be eligible, participants must be 18 years of age or older and have been a caregiver for a loved one who passed away in a nursing home during the past 3 years. If interested, please email nursing_hspstudy@cumc.columbia.edu or call **877-464-7839** to confirm eligibility.

NAC IN THE NEWS



CNN

A new **CNN** article by Elissa Strauss explores Pew Research Center data revealing that more women than men are caregivers—and they face greater emotional and physical tolls, even when performing the

same tasks. NAC President and CEO Jason Resendez is quoted in the article noting that, "Care is such a personal intimate thing, but it is also an economic proposition and health-care proposition," adding that care will be absorbed by households one way or another, so we must talk about it. Read the full piece [here](#).



MSN News

A recent [MSN](#) article highlights sandwich-generation caregiver Tara Hastings, reflecting the reality of 16 million Americans caring for both aging relatives and minor children. Data from our [Caregiving in the US 2025](#) report notes that family caregivers handle housework, errands, doctor appointments, and bill paying, among other tasks, all while caregiving for loved ones. Read the full story [here](#).



Alliance for Aging Research

NAC President and CEO Jason Resendez joined Katrin Werner-Perez on the [Alliance for Aging Research](#) podcast to discuss the realities facing family caregivers of loved ones with Alzheimer's and related diseases, sharing how his personal experience growing up in a caregiving family connects to data from our [Caregiving in the US 2025 report](#). While 51 percent of caregivers report that caregiving gives them a sense of purpose, 64 percent experience moderate to high emotional stress and 24 percent report feeling alone. Listen to the full episode [here](#).

IN CASE YOU MISSED IT

ICYMI: Strengthening Complex Care Through Family Caregiver Integration

Life-saving treatments like organ transplants and cancer therapy are major clinical milestones, but they also mark the start of a demanding, long-term caregiving journey. Family caregivers quickly become essential partners, managing complex medication regimens, coordinating frequent appointments, monitoring symptoms, and supporting daily recovery—often long after discharge.

The National Alliance for Caregiving recently hosted a webinar, "[Strengthening Complex Care Through Family Caregiver Integration](#)." Speakers with expertise in transplant and oncology made the case that integrating caregivers and addressing their psychosocial needs is not just compassionate care—it is a strategic imperative for health systems that improves patient outcomes and strengthens care delivery. While grounded in transplant and cancer care, the insights apply broadly to any serious or chronic condition requiring high levels of care coordination. Attendees heard from Yadira Montoya, MSPH; Allison Silvers, MBA; David J. Taber, PharmD, MD, FAST; and Ranak Trivedi, PhD, FGSA, FSBM on both the clinical importance and the business case for treating family caregivers as essential members of the care team.

Missed the session?



LIVE WEBINAR
**Strengthening Complex
Care Through Family
Caregiver Integration**

MARCH 24, 2026
1:00PM - 2:00PM ET



[Watch here](#)

NAC on Capitol Hill for the First-Ever National Caregiving Summit

Last month, Jason Resendez, President and CEO of the National Alliance for Caregiving, was on Capitol Hill for the first-ever National Caregiving Summit hosted by the Congressional Dads Caucus, where NAC's research and expertise helped shape the conversation on solutions family caregivers need to thrive.

Resendez joined Representative Steven Horsford, alongside leaders from United Spinal Association, the American Association of People with Disabilities (AAPD), and the National Council on Aging for a discussion on strengthening Home and Community Based Services (HCBS). The message from panelists and the audience was clear: the status quo is failing families.

NAC's recent [Caregiving in the US 2025](#) research with AARP found that nearly 18 million family caregivers cannot find affordable care services in their communities, and 9 million cannot afford basic necessities like groceries due to caregiving.

Making HCBS a mandatory rather than optional Medicaid benefit, strengthening Medicare's support of family caregivers, and reauthorizing and increasing funding for the Older Americans Act (OAA) would help families better shoulder growing caregiving responsibilities.

Thank you to Representative Jimmy Gomez and the Congressional Dads Caucus for making care across the lifespan a priority. NAC will continue to partner with policymakers on both sides of the aisle to champion solutions to our national care crisis.

Learn more about NAC's policy priorities and take action [here](#).

UPCOMING EVENTS

All Month April

[Donate Life Month](#)

April is **Donate Life Month**, and the National Alliance for Caregiving honors those who give the gift of organ, eye, or tissue donation while advocating for the family caregivers who step in before, during, and after transplant.

April

[National Public Health Week](#)

6 - 12

National Public Health Week reminds us that family caregivers' health and well-being are shaped by where they work, live, and find support in their communities—so let's build a public health system that truly includes them.

April

16

2:00 PM - 3:00 PM ET

[Understanding Transplant Caregivers: Research and Lived Experience Insights for Lodging Leaders](#)

Join [Melina Piñeyro](#), Senior Manager of Health Programs at NAC, for a webinar combining national research from NAC's Transplant Caregiving Collaborative with her own lived experience as a family caregiver. She will help lodging leaders understand the critical role transplant caregivers play before, during, and after transplant, along with the common stressors they face and existing gaps in support.

[Learn More](#)

April

21

4:00 PM - 5:00 PM ET

[Using Research to Advocate for Policies Supporting Family Caregivers](#)

Join NAC President and CEO [Jason Resendez](#) for a CE-eligible session at the American Society on Aging 2026 Conference. They will share key findings from the Caregiving in the US 2025 survey, including new state-level data and case studies showing how research informs policy and practice, with a focus on policies aimed at improving caregiver training and advancing economic equity through tax credits.

[Learn More](#)

April

[Panel of Pundits](#)

22

Join NAC President and CEO [Jason Resendez](#) on an interactive panel at the American Society on Aging 2026 Conference, taking stock of federal aging policy at a pivotal moment. Topics include Medicaid and Medicare under sustained budget pressure, the future of long-term services and supports amid workforce shortages, and where limited advocacy capital should be spent on priorities like support for family caregivers and modernization of the Older Americans Act.

[Register Today](#)

April

27

11:15 AM - 12:15 PM ET

Key Challenges Shaping the Future of Aging Policy and Practice

Join NAC President and CEO [Jason Resendez](#) for a panel discussion in Washington, D.C., as part of the full-day summit "**Setting the Stage for Aging Services 2036: A Cross System Visioning Summit**" by ADvancing States. The session will explore the forces most likely to shape aging policy over the next decade, including workforce constraints, caregiving pressures, financing pressures, integration across systems, technology, and the changing expectations of older adults and families.

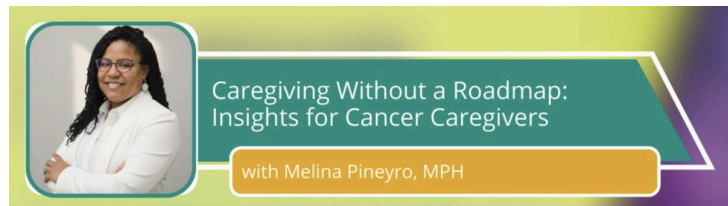
[Register Today](#)

April

28

Caregiving Without a Roadmap: Insights for Cancer Caregivers

Join [Melina Piñeyro](#), Senior Manager of Health Programs at NAC, for a webinar exploring the lived experiences captured in Caregiving Without a Roadmap: Insights from Cancer Caregivers, a national listening-session report developed by NAC in partnership with CancerCare. Through real caregiver stories, she will examine the gaps in support, the emotional toll of caregiving, and the practical realities that often go unseen.



[Register Today](#)

April

UNOS Transplant Management Forum 2026

Registration is now open for the 34th annual UNOS TMF 2026, the premiere event for the transplant community to come together, learn, and collaborate under the theme "Transplantation for Tomorrow: Where Innovation Meets Action." Attendees will explore new strategies and technologies to enhance their work saving lives, with exclusive opportunities to engage directly with UNOS and strengthen transplant programs.

[Learn more and register here](#)

All May

Asian American and Pacific Islander Heritage Month

May is **Asian American and Pacific Islander Heritage Month**. The National Alliance for Caregiving honors the diverse AAPI caregivers who often provide complex, multigenerational care while navigating language barriers, cultural expectations, and limited access to culturally responsive support.

All May

Mental Health Month

May is **Mental Health Month**. We recognize the toll of caregiving and urge policymakers, employers, and health systems to prioritize family caregiver well-being through training, financial support, and respite care.

May

7

9th Annual Older Adult Mental Health Awareness Day Symposium

Join the **National Council on Aging** for a free, full day of sessions on how to best meet the mental and behavioral health needs of older adults. This symposium brings together experts, advocates, aging services and behavioral health professionals, and older adults for a day of learning and conversation—with CE credits anticipated.

[Register here](#)

STAFF SPOTLIGHTS

Melina Piñeyro Joined the Kidney Patient Summit to Elevate Family Caregivers

Yadira Montoya Addressed Lodging Leaders on the

[Melina Piñeyro, MPH](#), our Senior Manager of Health Programs, presented at the 2026 Kidney Patient Summit: Raise Your Voice, hosted by the National Kidney Foundation, which took place March 16–17 in Washington, DC. She explored the scope of caregiving in kidney disease and transplant—including key statistics, common challenges like financial strain and emotional toll, and the current policy landscape. We were honored to equip advocates with the tools they need to drive meaningful change in kidney care.

Future of Family Caregiving

[Yadira Montoya, MSPH](#), our Director of Programs, presented at a webinar on March 19, 2026, unpacking insights from our Caregiving in the U.S. 2025 report. She explored how the nation's more than 63 million family caregivers—a 45 percent surge since 2015—intersect with serious illness, caregiving responsibilities, and housing realities, offering lodging leaders a clearer understanding of how their industry can play a transformative role in supporting today's caregivers.

NAC Joined USAging to Advance Caregiving Policy

With nearly 63+ million family caregivers in the U.S.—a number that ballooned by 10 million since 2020—the landscape of care is shifting dramatically. Our President and CEO, [Jason Resendez](#), dove into the latest trends shaping family caregiving at the USAging Aging Policy Briefing. We were grateful to join this critical conversation and to USAging for elevating these issues.

CONNECT WITH US ON SOCIAL MEDIA

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



Join our online community to support and uplift family caregivers nationwide.



NATIONAL ALLIANCE FOR CAREGIVING

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