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NATIONAL ALLIANCE
FOR CAREGIVING

Care Notes



January 15th, 2026

From 2025's Momentum to 2026's Mission: Our Impact Report



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2025 Impact Snapshot

Progress Against the Odds

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2025 was defined by resilience. Facing a difficult policy landscape, we mobilized, advocated, and secured critical protections for family caregivers. Together with AARP, we released the landmark [Caregiving in the US 2025](#) report, bringing unmatched data to the national conversation. We elevated the voices of over 63 million caregivers directly to policymakers, including testimony before the U.S. Senate.

Now, as we move into 2026, that momentum fuels our next chapter.

Our newly released 2025 Impact Report details these achievements and outlines our unwavering focus for the year ahead. We are committed to building on this progress and driving deeper impact for every family caregiver.

CARE POLICY

New State Paid Leave Programs Offer Critical Support for Family Caregivers

A vital new support system is now active for family caregivers in **Maine, Delaware, and Minnesota**. We commend these states for taking a vital step forward to protect family caregivers. With their new state-paid leave programs now active, eligible individuals can begin filing claims to receive paid time off to care for a seriously ill spouse, parent, or child. This is more than a policy rollout. It's a meaningful investment in the well-being of families and a powerful recognition of the essential role caregivers play.

By offering financial stability during times of intense need, these states are helping ensure no one has to choose between caring for a loved one and making ends meet.



Shape the Future of Age-Friendly Health: Call for Submissions

How can we build a more effective, equitable health system for older adults?

Health Affairs is looking for answers in its refreshed Age-Friendly Health series, sponsored by the John A. Hartford Foundation.

The journal invites you to contribute policy-focused research and analysis that can shape the future of care across all settings—from hospitals and clinics to homes and communities. This series will

NASHP to Launch Medicaid Policy & Strategy Hub for States in 2026

NASHP, in partnership with Arnold Ventures, will launch a new **Medicaid Policy and Strategy Hub** in early 2026. This dedicated resource is designed to support states as they navigate key policy decisions and implementation—especially related to the One Big Beautiful Bill Act (OBBBA)—and broader priorities in health care access and affordability.

The Hub will serve as a collaborative forum for states to share strategies, access the latest information, and explore

run through 2028, providing a sustained platform for ideas that influence policymakers.

Priority topics include: Caregiving, serious illness, LTSS, health equity, rural health, technology, and public policy solutions.

Submit your work to be part of this essential dialogue. Submissions are reviewed on a rolling basis. View detailed guidelines and [submit here](#).

actionable steps in a changing policy landscape. It will also feature a clearinghouse of expert resources and offer tailored technical assistance for selected state teams.

An advisory group of state health leaders and national experts will guide the Hub's priorities. Stay tuned for details on how your state can participate and apply for technical assistance. Learn more [here](#).

ELEVATING CAREGIVER VOICES

Interview Study for Caregivers in Research Roles

The **Caregiver CARE Study** team is seeking participants for an important interview study. They are looking for individuals who have served as an advisor, consultant, or collaborator on research projects **while also being a caregiver** for an adult with a long-term health condition (e.g., diabetes, dementia, heart disease). Insights from these interviews will help shape better support for caregiver engagement in future research.

Selected participants will complete a 90-minute interview (which can be split into sessions) via phone or video between September and December 2024. Compensation is provided for time.

Interested? Contact CaregiverCAREstudy@vumc.org or **615-421-4210**.

[Learn more](#)

UW Seeks Caregivers for Research on Family Dynamics & Caregiving

How do past family dynamics shape present-day caregiving? The **UW Caregiver Research Study** aims to explore this question by listening to the experiences of adult children who are caring for an aging parent, particularly when those relationships have been historically complex or emotionally difficult.

Researchers are seeking participants who are currently unpaid caregivers caring for at least one parent in the U.S. to share their perspectives in a confidential interview. By participating, you can help inform support systems for caregivers navigating similar emotional landscapes.

Eligible participants are adults (18+) comfortable speaking English who are caring for a parent and have a history of family conflict or emotional harm.

Learn more about how to get involved by reaching out to the study team at UWCaregiverStudy@mailplus.wisc.edu or **(608) 265-5913**.



NAC IN THE NEWS

Wall Street Journal

A new [Wall Street Journal](#) article asks a central question for family caregivers: How can you care for others when you are worn out? The story captures both the strain and profound meaning of the role, underscored by [Caregiving in the US 2025](#) data showing **one in three caregivers** provides care for five years or more, with most reporting high emotional and physical stress. [Read more.](#)

NPR

[NPR](#) spotlights the personal and political urgency of family caregiving through the story of Senator Andy Kim, who cares for his father with Alzheimer's. [Caregiving in the US 2025](#) data shows the number of caregivers has surged 45% since 2015, with half facing financial strain. Even as states step up with tax credits and paid leave, the lack of federal action leaves millions without a safety net. [Read more.](#)

Washington Post

The [Washington Post](#) spotlights the growing role of grandchildren as primary caregivers, an often unseen and undercounted part of America's **48 million unpaid family caregivers**. These younger caregivers face the emotional, physical, and financial weight of the role earlier in life, revealing a widening gap in the nation's long-term care system. [Read more.](#)

Washington Post

The [Washington Post](#) highlights a generational shift, as more Baby Boomers and Gen Xers create formal caregiving plans in direct response to personal experience with the crisis. [Caregiving in the US 2025](#) data shows **47% of family caregivers** now have such plans, up from **42% a decade ago**. The article quotes Jason Resendez, President and CEO of the NAC, who emphasizes the urgency: "This is not a looming crisis." [Read more.](#)

Vanity Fair details how Senator Andy Kim's personal journey as a caregiver for his father with Alzheimer's has driven him to champion caregiving as a national priority. The article highlights the growing crisis echoed in the [Caregiving in the US 2025 report](#), which shows caregiving becoming more intense, complex, and financially burdensome for millions of Americans. [Read more.](#)

IN CASE YOU MISSED IT

A \$1.2M Investment in Community Health: Cambia Health Foundation Awards Grants to 28 Organizations

Cambia Health Foundation is investing \$1.2 million in 28 community health organizations across the Pacific Northwest and Intermountain West. The funding supports a whole-person health approach, with grants targeting health workforce development, resilient children and families, and healthy aging.

The National Alliance for Caregiving is honored to be a grant recipient, continuing our shared mission to support caregivers and older adults. [Read more here.](#)

Research Spotlight: Building Culturally Responsive Palliative Care for Latino Families

We are proud to highlight the recent publication, "**Experiences of Latino Family Caregivers in New York City: Implications for Palliative Care**," co-authored by **Yadira Montoya**, NAC's Programs Director, alongside Leah V. Estrada, Sasha Perez-Greenemeier, Nathan E. Goldstein, Albert L. Siu, and Jennifer M. Reckrey.

This vital study explores how cultural values shape the caregiving journey for Latino families supporting loved ones with dementia, revealing a limited awareness of palliative care as a supportive service. These insights are critical for developing more accessible and culturally responsive palliative care support. [Read more here.](#)

A New Chapter in Leadership: NAC Celebrates Rani Snyder's Appointment as President of The John A. Hartford Foundation



RESEARCH SPOTLIGHTS:

Experiences of Latino Family Caregivers in New York City: Implications for Palliative Care

By Leah V. Estrada, Sasha Perez-Greenemeier, Yadira Montoya, Nathan E. Goldstein, Albert L. Siu, and Jennifer M. Reckrey

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Grant Opportunity: Apply for Parkinson's Foundation Community Grants by January 30

Local organizations can now apply for the [Parkinson's Foundation 2026 Community Grants](#), which fund impactful programs supporting mental

We are thrilled to congratulate **Rani Snyder** on her appointment as President of **The John A. Hartford Foundation**. The National Alliance for Caregiving is excited to continue our strong partnership under her leadership and looks forward to building on our shared legacy of championing family caregivers and advancing policies that support their vital role.

We are honored to work alongside Rani and the entire Foundation team to create a better future for older adults and their caregivers.

Read more from The John A. Hartford Foundation [here](#).

health, care partners, and specialized exercise for people with Parkinson's disease. Funded in part by a meaningful estate gift from the Brams family, these grants aim to create sustainable, accessible local programs.

Eligible non-profit and for-profit organizations are encouraged to apply by the January 30, 2026 deadline. Learn more [here](#).

UPCOMING EVENTS

January
16

Start 2026 with Support: Join a Free Caregiver Resource Webinar

Start the new year with actionable support. Join a free virtual Trualta Lunch & Learn on January 16 to discover easy-to-use resources for caregiver wellness, dementia care, fall prevention, and balancing work with care. Open to all in Wisconsin.

Learn more [here](#).

January
19

Honoring Dr. King's Legacy Through Care and Community

Martin Luther King Jr. organized for collective power to transform systems. Family caregivers, organizing daily to navigate a fractured healthcare landscape, embody a modern movement for dignity. This day is a reminder: supporting their fight for resources and recognition is ongoing justice work.

January
20

Help Shape the National Strategy to Support Family Caregivers

ACL is hosting a virtual joint meeting of its caregiving advisory councils on January 20 to discuss updates to the National Strategy to Support Family Caregivers. Join to learn about and contribute to the ongoing development of this important national framework.

Learn more [here](#).

January
21

A Forum for Caregivers of Living Kidney Donors

Join a special NKDO Engage panel on January 21 featuring caregivers of living kidney donors. The conversation will highlight their varied journeys, including those who were initially hesitant or later chose to donate, offering support and understanding.

Learn more [here](#).

January
27

Caregiver Insights Across the States: Translating Data into Local Action

Understanding caregivers' needs is essential to building the necessary programs to support them. New state-level profiles on caregivers presented by the National Alliance for Caregiving and USAging will show how we can harness this data for new supports.

Learn more [here](#).



The banner features the logos for the National Alliance for Caregiving and USAging. The text on the banner reads: 'LIVE WEBINAR Caregiver Insights Across the States: Translating Data into Local Action'. Below this, it says 'JOIN US JANUARY 27, 2026 1:00PM - 2:00PM ET' and includes a yellow 'REGISTER NOW' button. On the right side of the banner is a photograph of an elderly couple sitting outdoors, smiling.

STAFF SPOTLIGHTS

A 2025 Takeaway for 2026: Integrate Family Caregivers to Transform Cancer Care

A pivotal theme from the **2025 American Society of Hematology** conference was the essential role of family caregivers in patient outcomes. Our team member, **Melina Pineyro, MPH**, joined this vital conversation, reinforcing that for better results in blood cancer and transplant journeys, caregivers must be actively integrated as core partners through technology, advocacy, and tailored resources.

As we move into 2026, the dialogue underscores the urgent findings in NAC's latest research, which reveals systemic gaps in caregiver support at transplant centers and outlines models for integrating caregiver training into healthcare delivery. Learn more on:

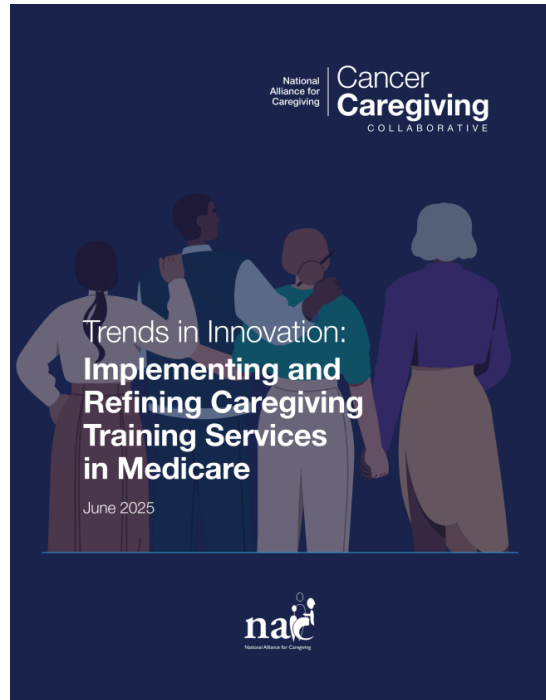


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THE FAMILY CAREGIVER GAP

Disparities
and Missed
Opportunities in
Support Services
Across U.S.
Transplant Centers

“The Family Caregiver Gap: Disparities in Support at U.S. Transplant Centers,” revealing systemic inequities in caregiver support.



National
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Caregiving | Cancer
Caregiving
COLLABORATIVE

Trends in Innovation:
**Implementing and
Refining Caregiving
Training Services
in Medicare**

June 2025

naic
National Alliance for Caregiving

“Trends in Innovation: Implementing Caregiving Training in Medicare,” outlining actionable models to equip caregivers within healthcare delivery.

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.



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