

SHARE:

[Join Our Email List](#)



NATIONAL ALLIANCE  
FOR CAREGIVING

## Care Notes



January 29<sup>th</sup>, 2026



### **What 2025 Taught Us About the Possibilities of 2026**

Last year, the National Alliance for Caregiving and AARP released *Caregiving in the US 2025*, our most comprehensive portrait of family caregiving yet. The findings were both sobering and galvanizing: 63 million Americans—1 in 4 adults—are now family caregivers, a 20 million increase since 2015.

Those numbers reveal a caregiving crisis hiding in plain sight. Yet they also sparked something essential: action.

In 2025, we saw real progress—and real setbacks. CMS moved forward with reimbursing healthcare providers for training family caregivers, a policy NAC has championed for years. Our CARE Network, developed in partnership with the Administration for Community Living, grew to over 75 researchers and providers building the evidence base family caregivers deserve. And our Caregiver Nation Coalition and State Network continued mobilizing more than 100 partners to strengthen and sustain the National Strategy to Support Family Caregivers. But deep cuts to Medicaid—the primary payer for long-term services and supports—now threaten the very systems millions of family caregivers depend on.

Even amid these challenges, we're seeing signs of sustained commitment. The FY2026 appropriations bill includes funding increases for the National Family Caregiver Support Program, Native American Caregiver Support Program, and Lifespan Respite Care Program—along with \$3 million specifically for National Strategy demonstration grants. These increases, though modest, reflect growing congressional recognition of the essential role family caregivers play.



There is, of course, much work ahead. Progress is happening, but it's not happening fast enough. The number of family caregivers has grown by nearly 50 percent since 2015, yet funding for caregiver support has seen only incremental increases that don't keep pace with the expanding scope of caregiving responsibilities facing families.

None of this momentum happened by accident. It took a broad coalition of caregivers, advocates, researchers, policymakers, and funders working together over many years. It required persistence through setbacks and creativity in approach—reframing caregiving not as a personal burden, but as a public good essential to our nation's health and economy.



As we enter 2026, millions of family caregivers still lack access to the support, recognition, and resources they need and deserve. But I'm optimistic. The drumbeat for family caregivers is getting louder. Visibility has never been higher—from the halls of Congress to kitchen tables across America.

This year, we're doubling down on our mission to ensure caregiving is sustainable, equitable, and dignified for all. With your continued partnership, we'll translate awareness into action and data into meaningful change.

Thank you for being part of this journey. Together, we're not just documenting the caregiving experience—we're building solutions.

**With care and optimism,**

Jason Resendez

President and CEO National Alliance for Caregiving



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!