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March 13th, 2026

Caregiver Nation Summit 2026 — Save the Date

The work continues. The urgency remains. And we're just getting started.

After last year's powerful conversations and the release of *Caregiving in the US 2025*, we know one thing for certain: America's family caregivers cannot wait. Family caregivers are still navigating complex medical tasks, financial strain, and isolation. They need more than awareness. They need systems that actually support them.

Save the date for three days of connection, strategy, and action as we unite experts, policymakers, and the real experts—family caregivers themselves—to reshape what care looks like in this country.

01:29



 **November 17-19, 2026**
 **Washington, D.C. & Virtual**

CARE POLICY

NAC Brings the Caregiving Crisis to Congress

Last week, President & CEO Jason Resendez joined members of Congress at the House Democratic Issues Conference for a plenary session on the care economy, ensuring the voice of America's 63+ million family caregivers was front and center.

His remarks built on the same evidence-based message he delivered as a Republican witness before the Senate Special Committee on Aging last fall - reinforcing NAC's unwavering, bipartisan message: our long-term care system is built backwards. With the number of family caregivers up nearly 50% in a decade, and families navigating rising costs and complex chronic conditions, the need for change is urgent. Resendez called for rebalancing Medicaid toward home and community-based services (HCBS), strengthening Medicare's role in supporting caregivers, and passing paid family leave.



Advocate With Us

Putting Family Caregivers First: 2026 Policy Agenda

NAC released our [2026 Policy Agenda](#), outlining key priorities to support the nation's 63+ million family caregivers.

Our policy priorities reflect a core belief: family caregivers deserve better, more supportive systems of care. We seek common ground across the aisle to strengthen Medicare's support for caregivers, improve access to quality healthcare, lower costs, simplify care coordination, and increase federal investment in community-based programs that sustain caregivers and the people they care for.

2026 Policy Agenda



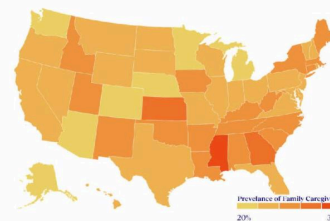
2026 Policy Agenda

Family caregivers are the backbone of our nation's healthcare system and economy, strengthening our communities and families. With 63+ million family caregivers providing ongoing, complex care for family and friends in every state and every community, the need for meaningful policy action has never been greater.

The National Alliance for Caregiving (NAC) is a catalyst for change, transforming how the United States recognizes, supports, and values family caregivers. Through our nationally recognized caregiving research and advocacy, we drive policy, system, and culture change to elevate family caregivers as a national priority. We foster partnerships across aging, disability, healthcare, philanthropy, and the private sector with the goal of making family caregiving more sustainable, equitable, and dignified.

Our policy priorities reflect a core belief: family caregivers deserve better, more supportive systems of care. We seek common ground across the aisle to strengthen Medicare's support for caregivers, improve access to quality healthcare, lower costs, simplify care coordination, and increase federal investment in community-based programs that sustain caregivers and the people they care for.

Prevalence of Family Caregiving Across the U.S.



Family Caregivers Are In Every Community

Across all 50 states, family caregivers make up at least 1 in 5 adults — and in some states, as many as 1 in 3. Nationally, 24% of American adults — 63 million people — provide ongoing care for a family member or friend with a serious illness, disability, or complex medical need. NAC is championing policy change to ensure they are recognized, valued, and supported.

National Alliance for Caregiving and AARP Caregiving in the US 2026 Caregiving Report



Protecting Family Caregivers: A Data Strategy for Implementing the H.R. 1 Exemption

[Read Our Recommendations](#)



Data Strategy to Exempt Family Caregivers from Medicaid Work Requirements

Approximately **7.3 million working-age caregivers rely on Medicaid for their own health coverage**. Last week, the Caregiver Nation Coalition—led by NAC—sent an urgent letter to the Centers for Medicare and Medicaid (CMS) outlining a clear, actionable data strategy to ensure family caregivers are properly exempted under the new Medicaid community engagement requirements in H.R. 1.

Here's what this means:

H.R. 1 includes the RAISE Act definition of family caregivers in the exemption section. However, without strong federal guidance on reliable data sources, eligible caregivers are at risk of losing coverage due to verification red tape. Our letter provides concrete recommendations for CMS, including using existing waiver data and accepting self-attestation.

▶ [Watch our webinar: The New Landscape: HR1 and What's at Stake for Family Caregivers](#)

■ [Access the toolkit: Advocacy Toolkit: Ensure Family Caregivers are Exempt from](#)

ELEVATING CAREGIVER VOICES

Women's History Month: Honoring Women Caregivers

This Women's History Month, we are honoring the 61 percent—the majority of America's 63 million family caregivers who are women. But honor without action isn't enough. Our latest data from *Caregiving in the US 2025* shows that women face higher emotional stress at 41 percent versus 33 percent and greater financial strain at 19 percent compared to 16 percent for men.

Women are managing medications, coordinating with doctors, providing personal care, and holding households together—often while juggling jobs and raising children. They carry the mental load of caregiving every single day.

This month, we're celebrating these women and calling for the change they deserve: stronger programs, better support, and a system that treats caregiving as the essential infrastructure it is.

Dive deeper into the numbers that demand change.



[Explore the Data](#)

New Report: "Caregiving Without a Roadmap" Lifts the Voices of Cancer Caregivers

The National Alliance for Caregiving in collaboration with CancerCare released a new report, Caregiving Without a Roadmap: Insights from Cancer Caregivers.

Based on a series of listening sessions, the report elevates the experiences of cancer caregivers whose stories reveal a system that relies heavily on them yet leaves them without training, financial protection, or meaningful support.

Key findings show that cancer caregivers are frequently performing complex medical tasks with little to no preparation. The financial impact of the disease extends far beyond medical bills, creating long-term economic insecurity for both patients and their families. And systemic barriers—including restrictive eligibility and administrative complexity—limit access to existing resources.

The report calls on policymakers, health systems, and employers to recognize caregivers as essential partners in care and to implement supports that address their medical, emotional, and financial needs.

[Read the Full Report](#)

READ REPORT:

Caregiving Without a Roadmap: Insights from Cancer Caregivers

READ MORE



Supporting Parkinson's Care Partners: New Guide from The Michael J. Fox Foundation

Care partners are often the primary navigators for their loved one with Parkinson's, yet they frequently lack access to tools designed with their unique challenges in mind. To address this gap, The Michael J. Fox Foundation has published a new Care Partner Guide, created with direct input from care partners and people living with Parkinson's. It offers actionable guidance, emotional support, and resources grounded in real-world experience. We're honored to help share this resource with our network.

[Access the Care Partner Guide here.](#)

Are you a family caregiver?



Tell us how the Older Americans Act has helped you.



Collecting Stories. Protecting Programs that Support Family Caregivers.

For 60 years, programs like Meals on Wheels, respite care, transportation, and senior centers have supported millions of older adults and the families who care for them. These services are funded by the Older Americans Act, and now Congress is deciding their future.

We are collecting stories from caregivers who have used these programs. **If you've received help through respite care, home-delivered meals, caregiver training, or transportation, please share your experience. Your story can help protect funding for years to come.**

Share Your Story

NAC IN THE NEWS

The Guardian

Dr. Feylyn Lewis contributes to the [Guardian](#), spotlighting the hidden reality of youth caregiving in America, featuring her story of becoming her mother's caregiver at age 11. Drawing on Caregiving in the US 2025 data, the blog reveals that **5.4 million children under 18 have caregiving responsibilities**—a burden falling disproportionately on Black and brown girls—and warns that proposed Medicaid cuts could force even more young people into these roles. [Read more](#) from Dr. Feylyn Lewis.

MarketWatch

MarketWatch highlights findings from Caregiving in the US 2025, reporting that 40 percent of the nation's 63 million family caregivers are caring for a parent and seven in ten working-age caregivers are employed—yet half report work impacts like arriving late or taking time off. The article also lifts up a key insight from NAC CEO Jason Resendez: while caregiving is incredibly hard, half of caregivers find a deep sense of purpose in the work. [Read more](#) from MarketWatch.

PR Newswire

PR Newswire covers **Cleo's** third annual [Family Health Index](#), which finds that **64 percent of working women in the sandwich generation** are reaching a caregiving breaking point. [Caregiving in the US 2025](#) data and insights from NAC Jason Resendez reveal that nearly two-thirds of family caregivers face high emotional stress—losing a full week every month to poor mental health—and calls the situation a systemic failure, not a test of individual resilience. Learn more from PR Newswire [here](#).

A new blog from the **Modern Medicaid Alliance** spotlights the critical role Medicaid plays for family caregivers, drawing on data from [Caregiving in the US 2025](#) to show that 81% of caregivers are unpaid and [nearly half face financial strain](#). The blog highlights the story of Brittany, whose son's around-the-clock care is made possible by Medicaid—underscoring what's at risk as states implement changes to the program. [Read more.](#)

IN CASE YOU MISSED IT

Senior Nutrition Month: New Multilingual Resources Spotlight AAA Nutrition Services

USAgging, in partnership with ACL, launched a campaign to **raise awareness of AAA Nutrition Services in celebration of Senior Nutrition Month**. The campaign offers tailored resources for older adults, family caregivers, and Aging Network Professionals—with materials available in both English and Spanish.

From factsheets and videos to customizable templates and radio spots, these tools are designed to help spread the word about the vital nutrition services supporting older adults in communities nationwide.



[Access the Landing Page](#)

Marking Kidney Month with a New Tool for Clinicians, Patients, and the Caregivers at Their Side

For clinicians caring for patients at risk of kidney disease, early detection is everything. But behind every patient is often a family caregiver—someone so focused on supporting the person in their care that they may neglect their own health along the way.

During Kidney Month, the **American Kidney Fund** is highlighting [Know Your Patients](#), a resource designed to support timely diagnosis and strengthen communication between

providers, patients, and the care partners who share in the journey. Because while caregivers are busy supporting others, they too deserve tools and information that help them stay healthy.

[Access the Guide](#)

UPCOMING EVENTS

All Month March

[National Kidney Month](#)

National Kidney Month is a time to raise awareness about kidney health, promote regular screening for those at risk, and support efforts to improve outcomes for the millions living with kidney disease.

All Month March

[Women's History Month](#)

Celebrating the millions of women at the heart of our caregiving system—**[61% of family caregivers are women](#)**, carrying the emotional, financial, and physical load of care.

All Month March

[Colorectal Cancer Awareness Month](#)

Raising awareness of the importance of early detection and the family caregivers who provide critical support to those navigating a colorectal cancer diagnosis.

All Month March

[National Nutrition Month](#)

Highlighting the vital role nutrition plays in healthy aging and the caregivers who help ensure the people they support have access to nutritious meals.

March

16

[2026 Kidney Patient Summit](#)

We're proud to share that **[Melina Pineyro](#)**, our Senior Manager of Health Programs, will be presenting at the **[2026 Kidney Patient Summit: Raise Your Voice](#)**, taking place March 16-17 in Washington, DC. Melina will explore caregiving in kidney disease and transplant, including key statistics, common challenges, and the policy landscape shaping support for caregivers. If you're attending, be sure to connect with her!

[Learn More](#)

March

[USAgging Policy Brief | New Caregiving Insights](#)

16

Our President and CEO, [Jason Resendez](#), will dive into the latest trends shaping family caregiving at the [USAgging Aging Policy Briefing](#)—from emerging challenges to bold opportunities for stronger caregiver support nationwide. With nearly 63 million family caregivers and more than half handling complex medical tasks, the need for policy change has never been greater. We're excited to join this critical conversation.

[Learn More](#)

March 19

The Backbone of Care: Our Growing Caregiver Community

We're pleased to share that [Yadira Montoya](#), our Programs Director, will be presenting at "[The Backbone of Care: Our Growing Caregiver Community](#)" on March 19 at 2:00 PM EDT. This virtual session unpacks insights from the Caregiving in the U.S. 2025 report, exploring the intersection of serious illness, caregiving, and housing—and how lodging leaders can play a role in supporting family caregivers.

[Register Today](#)

March 24

World TB Day

On **World TB Day**, we recognize the progress made in reducing TB deaths worldwide and the work still needed to ensure everyone has access to prevention and care.

March 24

Strengthening Complex Care Through Family Caregiver Integration

How can health systems better support the family caregivers managing complex care after transplant and cancer treatment? Join us March 24 from 1-2 PM ET as we explore the clinical and business case for caregiver integration—and leave with resources to strengthen support programs.



**NATIONAL ALLIANCE
FOR CAREGIVING**

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

REGISTER HERE TO JOIN US
MARCH 24, 2026
1:00PM - 2:00PM ET

[Register Today](#)

March

26

Equal Pay Day

Equal Pay Day highlights the gender wage gap and its lasting impact on women caregivers, who already face higher financial strain and are more likely to reduce work hours or leave the workforce to care for a family member.

STAFF SPOTLIGHTS

Policy in Practice: Toni Gingerelli Brings Caregiver Perspectives to UT San Antonio

Last month, our Director of Policy & Advocacy, [Toni Gingerelli](#), was a guest lecturer for a graduate health policy course at UT San Antonio.

Proud to see NAC expertise in the classroom!

Advancing Patient Advocacy: Yadira Montoya Joins Friends of Cancer Research Webinar

On March 9, Yadira Montoya, NAC's Programs Director, was a speaker at the Friends of Cancer Research webinar launching [ProgresoparaPacientes.org](#), a free Spanish-language course on drug development and FDA processes. The session, Advancing Patient Advocacy for Spanish-Speaking Communities Through Accessible Education, explored how culturally relevant education can empower advocates and strengthen research engagement.

NACaversaries

Celebrating Elaine Dalpiaz: One Year at NAC

We are delighted to celebrate the one-year work anniversary of [Elaine Dalpiaz](#), our Vice President for Government Affairs & Policy. In her first year, Elaine has been a powerful force for family caregivers on Capitol Hill—advancing our policy priorities, building bipartisan relationships, and ensuring the voice of 63 million caregivers is heard where it matters most. Congratulations, Elaine, and thank you for your leadership.



Happy 2-year NACaversary



George Kueppers, PHD

Celebrating George Kueppers' Second Work Anniversary

Please join us in congratulating **George Kueppers, PhD**, on his second work anniversary with NAC. As Senior Research Manager, George has been instrumental in translating complex data into actionable insights that drive real change for family caregivers. We're grateful for his thoughtful leadership and commitment to the cause.

Recognizing Toni Gingerelli's Third Work Anniversary

Please join us in congratulating **Antoinette "Toni" Gingerelli** on her third work anniversary with NAC. As Director of Policy & Advocacy, Toni has helped guide our work translating research into policy action for family caregivers—bringing deep experience from state and national levels to advance systemic change. We're grateful for her leadership and impact over the past three years.

Happy 3-year NACaversary



Antoinette 'Toni' Gingerelli, MPP

Happy 6-year NACaversary



Lauren Tokarewich, MLIS

Spotlight on Lauren Tokarewich for 6 Years at NAC

We're pleased to spotlight **Lauren Tokarewich**, Senior Manager of Programs, whose work helps bring the caregiver experience to life—from conducting oral histories that collect personal stories to organizing the annual Caregiver Nation Summit. Lauren has co-authored multiple guides on supporting diverse caregivers and continues to ensure that caregiver voices are at the center of everything we do. We're grateful for her dedication and impact.

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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