

SUPPORTING OUR CAREGIVERS

Taking targeted action to meet caregiver needs

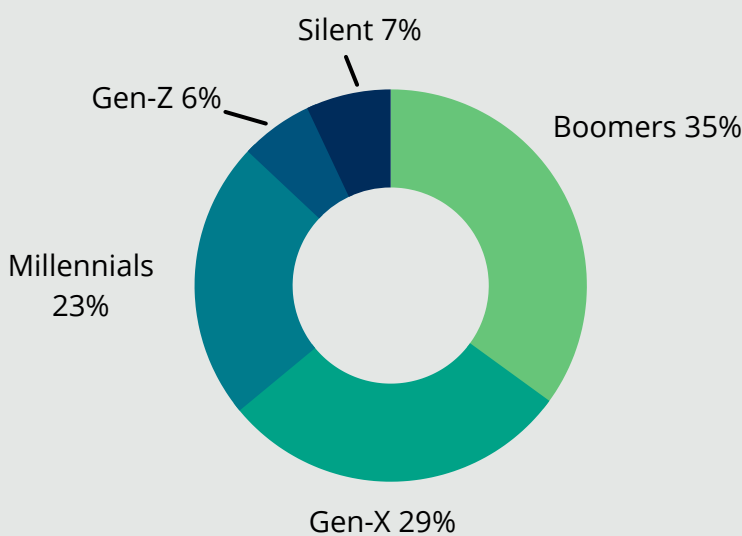


Who are Caregivers?

Millions of people in the US across ages and generations are family caregivers. Many, though, don't see themselves in this role and frequently experience barriers to finding the resources, information and other targeted support they need to feel equipped and confident in taking care of their loved ones and themselves. Caregiving may involve running household errands, helping with activities of daily living, managing and administering medications and treatments, or even handling matters from afar such as bill payments and insurance claims, or looking for reliable long-term residential care or in-home skilled support.

While caregivers contribute vital support to the overall healthcare system, the help that caregivers receive in doing their part rarely measures up. Caregivers often shoulder the brunt of costs related to their loved one's condition, and may have to take time off work, cut back on paid work hours, or leave the workforce altogether to provide needed care. These circumstances can take a real toll on their own physical, emotional, and financial well-being. More than 1 in 5 unpaid caregivers were very worried about finances prior to the COVID-19 pandemic. At the end of 2020, this number has increased for most age groups. Gen X, Millennial and Gen Z caregivers all experienced heightened worry around paying bills during the pandemic, with the greatest impact on Gen Z (ARCHANGELS Caregiver Intensity Research 2021).

TODAY'S FAMILY CAREGIVERS



YOUNGER CAREGIVERS (AGE 18-49) TEND TO EXPERIENCE A GREATER FINANCIAL IMPACT RELATED TO THEIR SAVINGS, DEBT, BILLS AND WORK.

- AARP and National Alliance for Caregiving, Caregiving in the U.S. 2020

Source: Caregiving in the U.S. 2020, National Alliance for Caregiving and AARP. www.aarp.org/uscaregiving.



Needs Navigation Helps Caregivers Find Support

NPAF has endorsed partner efforts to **boost paid family leave** and **tax credits** for caregiving that would supplement the existing patchwork of support services, training, counseling, respite care, and stipends for certain eligible patients and caregivers available currently through the National Family Caregiver Support Program, Department of Veterans Affairs programs and limited Medicaid program benefits that vary by state.

Generally, however, health systems and practices are not organized to assess and address caregivers' specific needs as part of the course of care for patients. For this reason, NPAF is also promoting proven caregiver support interventions, including expanding availability of financial and social needs navigation to help caregivers consider their specific concerns, connect them to essential resources and support their enrollment in safety net programs. This agenda advances a targeted and scalable solution for improving the social well-being and financial stability of caregivers, especially those living in underserved communities and medical shortage areas who are most often overlooked.

DID YOU KNOW?

Caregivers who are Millennials or in communities that are predominantly Black or Hispanic often experience higher rates of physical and behavioral health conditions associated with their caregiver role.

- ARCHANGELS National Caregiver Survey 2020

NPAF Advocates For:

- 1 Routinely screening caregivers to identify their top concerns and needs for information, as well as financial and social supports.
- 2 Positioning needs navigation as a vital aspect of supporting caregivers in their role to help them perform their responsibilities and avoid distress.
- 3 Research investment to evaluate and improve effectiveness of caregiver-focused interventions involving financial and social needs navigation services targeted to support them.

What You Can Do:

Share [Patient Advocate Foundation](#) resources with the caregivers in your life and join our [#CaregiversCount](#) campaign to help caregivers in your community!



Sign up to join our campaign at [npaf.org/caregivers-count!](https://npaf.org/caregivers-count)