



2022 National Strategy to Support Family Caregivers

A roadmap to improved services and supports for family caregivers

Family caregivers include people of all ages, from youth to grandparents; people with and without disabilities; people providing care from a distance; and people meeting a wide variety of needs. Until now, there has been no national approach to recognize and support family caregivers.

2
Councils

5
Shared Goals

1
Vision for
Holistic Support

This initial strategy builds on recommendations outlined by the [RAISE Act Family Caregiving Advisory Council](#) and the [Advisory Council to Support Grandparents Raising Grandchildren](#). We must all work together to reshape the way our nation supports its more than 53 million family caregivers and more than 2.7 million grandparent and kinship caregivers.

The strategy proposes five main goals:



GOAL 1

Increase awareness and outreach

- Education and awareness campaigns for professionals and the public
- Increased caregiver self-identification
- Culturally competent outreach to unserved and underserved caregivers
- Inclusion of family caregivers in state, territorial, tribal, and local planning
- More public-private partnerships that drive family caregiver support



GOAL 2

Build partnerships and engagement with family caregivers

- Use of evidence-based tools to assess and capture family caregiver needs and preferences
- Recognition of family caregivers as essential care team partners
- Inclusion of family caregivers in care plans
- Consideration of family caregivers during policy changes
- Training for professionals on ways to interact with family caregivers



Strengthen services and supports

- Increased person- and family-centered, trauma-informed, and culturally competent services
- Flexible and accessible respite care
- Education, counseling, and peer support
- Access to safe homes, nutritious meals, transportation, and technology
- Leverage volunteers for family caregiver support
- Family caregivers' and care recipients' needs addressed in emergency response
- Resources to improve planning for future care needs
- Increased support for the direct care workforce
- A child welfare system that recognizes kin- and grandparent-led families



Ensure financial and workplace security

- Financial planning specifically for family caregivers
- Employee-centered, flexible workplace policies and practices
- Help with planning for long-term needs of care recipients
- Affordable long-term services and supports



Expand data, research, and evidence-based practices

- Shared data systems with consistent data sets
- More research on practices that benefit family caregivers
- Translation of research into interventions to support family caregivers

The strategy includes nearly 350 actions that federal agencies will take in the next 3 years, as well as specific actions that states, communities, health care systems, long-term support and service providers, researchers, employers, philanthropic organizations, and many others can take to make these goals a reality.

We all have a role to play in supporting our nation's caregivers. Learn more at:

acl.gov/CaregiverStrategy

The strategy was created through a public-private partnership and with support from the following organizations:



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