ACL
Administration for Community Living

NATIONAL STRATEGY TO SUPPORT FAMILY CAREGIVERS

One plan. Shared action. Better support for the 63 million Americans who care for family, friends, and neighbors.

What's new in 2026?

- More emphasis on respite care
- Easier service navigation of services and supports
- More support for young caregivers and relatives raising children
- A new goal focused on the direct care workforce
- Stronger data and research to guide future action

Every day, family caregivers help loved ones stay healthy, connected, and independent. They help with meals, medications, transportation, finances, and personal care. But family caregivers often struggle to find services, coordinate care, balance work and family responsibilities, and get support so they can rest. The National Strategy to Support Family Caregivers brings partners across sectors together around a shared plan for change.

1 in 4	78%	64%	49.5 billion	$1 trillion+	5.4 million
adults are family caregivers	say they need more help finding services	report moderate to high stress levels	hours of unpaid care annually	worth of unpaid care in 2024	direct care workers provide support

What will the strategy help achieve?

Six goals guide action across the country.

1. **Help Family Caregivers Find Support**
   Increase awareness and connect caregivers with information and resources earlier.
2. **Include Caregivers as Partners**
   Recognize caregivers as valued members of care and support teams.
3. **Expand Services and Supports**
   Improve access to respite care, training, counseling, navigation services, and peer support.
4. **Improve Financial and Workplace Security**
   Help caregivers balance work, family responsibilities, and financial well-being.
5. **Build Better Data and Research**
   Use stronger evidence to improve programs, policies, and services.
6. **Strengthen the Direct Care Workforce**
   Increase access to trained workers who help families provide care at home and in the community.

From Plan to Action

Partners across the country are working to:

- Raise awareness of caregiving
- Improve access to information and services
- Expand caregiver supports
- Strengthen care teams
- Support caregivers in the workplace
- Improve training and workforce development
- Build better data and research
- Create more caregiver-friendly communities

Find Information, Services, and Caregiver Support:

For local services for older adults and family caregivers, visit eldercare.acl.gov.

For information and resources for family caregivers, visit acl.gov/caregiving.

Learn more about the National Strategy at **acl.gov/caregiverstrategy**

The Administration for Community Living is an operating division of the U.S. Department of Health and Human Services.