



Family Caregiving in Diverse Communities

ADDRESSING THE NEEDS OF DIVERSE FAMILY CAREGIVERS FOR OLDER ADULTS



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Experiences of Diverse Family Caregivers in the Pandemic

	MENTAL HEALTH & SOCIAL ISOLATION		FINANCIAL STRAIN
TOP CHALLENGES	58% Anxiety	56% Increased isolation	35% Financial strain ¹
TOP CONCERNS	56% “Taking care of myself”		54% “Preparing for the future financially”
DESIRED SERVICES	43% Emotional support		43% Financial help

PROTECTIVE FACTORS

Diverse family caregivers also reported experiencing some positive outcomes from the COVID-19 pandemic, demonstrating resilience and community interdependence:

- 55%** Spent more time with family
- 48%** Decreased commute times
- 44%** Learned or used new technology

Although protective factors reveal resiliency and unity among diverse caregivers during the pandemic, they also emphasize the need for providers and formal institutions to more effectively provide much needed mental health and financial assistance to improve the quality of life of caregivers and ultimately their aging loved ones.

¹ Financial strain was more highly reported by American Indian and Alaska Native, Southeast Asian, and Asian American and Pacific Islander caregivers, compared to other groups.



Based on research from the Diverse Elders Coalition (DEC) and its members, and the National Alliance for Caregiving (NAC), *Family Caregiving in Diverse Communities: Addressing the Needs of Diverse Family Caregivers for Older Adults* highlights key findings from 300+ diverse caregivers for older adults from the DEC’s constituent communities, including racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) people as they provide care through the pandemic. The goal of the full-length report is to offer research and recommendations to help ensure services and supports for caregivers intentionally address health disparities and systemic barriers that diverse family caregivers for older adults face.

This report was created with support from The John A. Hartford Foundation.



Policy Priorities for a More Inclusive and Robust Support Infrastructure

The findings and recommendations in this report can inform and be interwoven into the following priority areas. These priorities support the development and execution of various actions that must be taken to better serve diverse communities.

These priorities align with the priorities outlined by the federal R.A.I.S.E.² Family Caregiving Advisory Council housed under the U.S. Department of Health and Human Services, Administration for Community Living.

PRIORITY AREA 1: Increased awareness of LGBTQ+ caregivers, tribal caregivers, as well as caregivers from other diverse communities, including targeted education defining who is eligible for services.

PRIORITY AREA 2: Increased emphasis on integrating caregivers considered “family of choice,” immigrant caregivers, Limited English Proficient (LEP) caregivers, caregivers from the same tribe, and long distance caregivers into processes and systems from which they have been traditionally excluded.

PRIORITY AREA 3: Increased access to services and supports to assist family caregivers by including and investing into more resources to overcome language and cultural barriers and prioritize providing translated resources, services, and information.



PRIORITY AREA 4: Increased financial and workplace protections such as paid leave for caregivers with a specific focus on preparing to care for the future, financial planning and education.

PRIORITY AREA 5: Better and more consistent research and data collection facilitated through partnerships with CBOs who have established community trust with the aim of increased participation in research studies, such as caregiving surveys or focus groups.

² The Recognize, Assist, Include, Support, and Engage (R.A.I.S.E.) Family Caregivers Act, which became law on Jan. 22, 2018, directs the Secretary of Health and Human Services to develop a national family caregiving strategy. [RAISE Family Caregivers Act Initial Report to Congress \(acl.gov\)](https://www.acl.gov/raise)

THE DIVERSE ELDERERS COALITION

DEC member organizations are influential players in the federal advocacy arena and experts in the distinctive needs of the racial, ethnic, political, and cultural communities they represent.

