



OFFICE OF THE GOVERNOR

November 2024

Family Caregivers Month

During the month of November, we take time to recognize and honor the invaluable contributions and personal sacrifices of millions of Californians who provide care for their parents and other adult and disabled family members. Unpaid family caregivers are essential to the health, well-being, inclusion, and dignity of their family and loved ones. We thank all those caring for their aging parents, as well as spouses and partners, siblings, cousins, aunts, uncles, grandparents, grandchildren and other kin, friends, neighbors, and chosen family, for their devotion and care.

Unpaid family caregivers represent the invisible backbone of the home care needed for older adults and people with disabilities to thrive in our communities. Some 38 million Americans – over four million of whom are in California – dedicate roughly 18 hours of care per week, equating to an annual economic value of \$600 billion nationally, and \$81 billion in California.

Family caregivers often report personal fulfillment and deep gratitude from their caregiving experience with their parents and other loved ones. At the same time, the work of caring for a loved one can result in reduced earnings needed for other family priorities like housing or college savings, as well as a decrease in lifelong earnings towards Social Security for the caregiver's own retirement. The emotional and physical stress of caregiving can also take a toll on their well-being. Family caregiving is still not shared equally by all; women, particularly Asian, Black, Indigenous and Latina women, are providing a disproportionately large share of this care – often while simultaneously working for pay and caring for young children.

We are proud that California's Master Plan for Aging elevated the importance of "Caregiving that Works" as one of five bold goals in our 10-year blueprint for the state. California is leading the nation in expanding personal care services and respite care for families through its expansion of Medi-Cal community services. We also specially acknowledge the important work being done by dedicated family members who provide In-Home Supportive Services, a nation-leading self-directed program that provides payment to chosen caregivers, including family.

Also critical is the statewide network of 33 Area Agencies on Aging, 11 nonprofit Caregiver Resource Centers, and 21 Regional Centers for intellectual and developmental disability services that, together with local nonprofits and community-based partners, support California's estimated 4.1 million unpaid family caregivers. These state-funded centers play a key role in providing California's diverse caregivers with essential tools including education, training, respite caregivers to allow for breaks, legal support, insurance counseling and advance care planning.

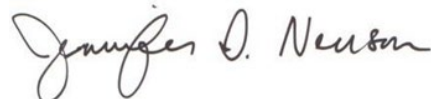
The state is committed to supporting caregivers across California. Furthering our efforts, California earlier this year received a caregiving grant from the federal Administration for Community Living that will help enhance caregiver awareness and access to services and high-quality educational resources, with a focus on underserved communities. The California Department of Public Health has also awarded nearly \$9 million in grant funding to California universities to develop innovative programs that support caregivers in underserved communities.

This November, as many of us gather with family and loved ones, we invite all Californians to join us in recognizing Family Caregivers Month. Let us take time to honor and thank the caregivers in our lives and recognize their invaluable role in our communities.

Sincerely,



Gavin Newsom
Governor of California



Jennifer Siebel Newsom
First Partner of California