

California Task Force on Family Caregiving Executive Summary

The California Task Force on Family Caregiving (the Task Force) was established through Assembly Concurrent Resolution 38 (ACR 38-Brown) to address the challenges encountered by California's 4.5 million family caregivers who care for individuals aged 18 and older.^{i,ii} Family caregivers are foundational to California's long-term services and supports infrastructure, surpassing Medi-Cal in terms of the economic value of their unpaid caregiving contributions.ⁱⁱ However, family caregivers face many challenges in this role, including balancing employment and caregiving, accessing culturally relevant and competent services, paying for supportive services, and attending to their own health and wellbeing.

Existing policies in California to support caregivers have not kept pace with changing needs. The recommendations described in this report are intended to bridge the gap between existing policies and the challenges faced by California's caregivers. After a two-year process and careful consideration, the Task Force is submitting the following recommendations to the legislature.

- **Recommendation 1:** Support the financial wellbeing of family caregivers, and limit the extent to which this role contributes to an increased risk of poverty and long-term financial insecurity.
- **Recommendation 2:** Modernize and standardize caregiver assessments across the state to increase knowledge of who among caregivers in the state uses services, support individualization of services, and reduce service fragmentation.
- **Recommendation 3:** Equip caregivers with easily accessible information, education, and training specific to their situation, provided in culturally competent and relevant ways.
- **Recommendation 4:** Increase access to affordable caregiver services and supports, including respite care that allows caregivers to take a break.
- **Recommendation 5:** Integrate family caregivers into hospital processes, support them in navigating care transitions and with providing complex care tasks, and increase caregiver choice in whether to complete complex care tasks.
- **Recommendation 6:** Increase funding to California's Caregiver Resource Centers to expand services, including respite care and educational programs, and support innovative programs.
- **Recommendation 7:** Create a statewide advisory council on matters affecting family caregivers that provides advice on integrating caregiver issues across state departments, services, initiatives, and programs, and provides policy expertise to the legislature.

The California Task Force on Family Caregiving urges the legislature to act on these recommendations and sub-recommendations as soon as possible to better support the state's family caregivers. Gradual and incremental change will result in missed opportunities to help caregivers preserve their health and financial wellbeing.

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ⁱ Assembly Concurrent Resolution, Cal. Assemb. B 38 (2014-2015), Chapter 200 (Cal. Stat. 2015)

ⁱⁱ Reinhard, S. C., Feinberg, L. F., Choula, R., & Houser, A. (2015). Valuing the invaluable: 2015 update. *Insight on the Issues*, 104. Retrieved online at: <https://www.aarp.org/content/dam/aarp/ppi/2015/valuing-the-invaluable-2015-update-new.pdf>