Executive Summary

Hispanics are a remarkably resilient population. Hispanic older adults continue to face daunting challenges in the areas of retirement security, healthy aging, discrimination, housing and access to programs. They are struggling to age with dignity, often facing the specters of homelessness and hunger, as well as chronic disease. Yet, in the midst of these pressing challenges, they are eager to be civically engaged and are ready to share insightful and concrete recommendations to address the challenges they face.

This year, the National Hispanic Council on Aging (NHCOA), along with its partners, focused on the needs of Hispanic caregivers. This was illustrated over the course of the past year as NHCOA implemented a national caregiving survey, a series of regional conferences, and thought leaders round tables on caregiving. The Hispanic older adults and caregivers that participated in these events were enthusiastic about working to support caregivers and were dedicated to addressing the burdens of caregiving for Latino caregivers.

The challenges faced by Hispanic caregivers may seem daunting, but the dedication of community leaders, Hispanic focused nonprofit organizations, decision makers and experts working together can find solutions to the challenges and ease the burdens of caregiving for Hispanic caregivers. The following report documents the information gathered this year about the challenges faced by Hispanic caregivers and recommendations on how to overcome those challenges.

The first approach was the implementation of a literature review to compile the existing data on the state of Latino caregivers. The second approach was the implementation of a series of Regional Conferences designed specifically to elicit solutions to the pressing problems faced by the Hispanic caregivers. The third approach was a national survey conducted by NHCOA to understand who Hispanic caregivers are, the challenges they face and the resources they would like to have in Spanish. The following are summary results of each of these approaches to gain better insights into Hispanic caregivers needs in 2017.
NHCOA Recommendations

Building on the findings presented in this report, NHCOA has developed a number of recommendations for local, state and national leaders. We also advance specific recommendations from Hispanic community members, community-based organizations and grassroots leaders. In no particular order, NHCOA forwards the following recommendations to better support Hispanic/Latino older adults by ensuring adequate training, support and care for their caregivers:

1. Bipartisan passage of H.R.947 and S.337, the Family and Medical Insurance Leave Act (the FAMILY Act).
3. Create a database in which organizations can upload information about services available for caregivers.
4. Reframe caregiving as a multigenerational issue.
5. Partner with Latino organizations to develop programs and services that meet the specific needs of caregivers, cater to the strengths of communities, and build trusting relationships.
6. Educate Latino families about caregiving and identify the caregiver trainings available in English and Spanish.
7. Develop culturally and linguistically competent informational materials in multimedia platforms that addresses the specific needs of diverse caregivers.
8. Develop a systemic approach that builds the capacity of communities to address the needs of Hispanic caregivers.
9. Promote strategies that encourage employers to support caregivers so they can continue to work while caring for a loved one.
10. Provide training to caregivers of older adults and health care providers, so they can provide culturally, linguistically and age sensitive care to diverse elders.
11. Close health-related disparities among Hispanic older adults, their families and caregivers, especially in the areas of Alzheimer’s disease, access to health insurance, quality healthcare and access to caregiver support programs and information.
12. Increase affordable and quality housing for seniors.
13. Strengthen financial programs for caregivers and families.

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