

AgingWell
CARE THAT
EVOLVES AS WE DO

Caregiving

MODERATOR
Denise Likar

PANELISTS
Min Chang
Anna Satake
Kathleen Kelly

 **KAISER PERMANENTE®**





California's focus on Caregiving

October 2025

Caregivers: The Backbone of the Care Economy



California's Master Plan for Aging

**June 2019:
Executive Order N-14-19**

**January 2021:
MPA is launched**



**Goal 1:
Housing for All Ages
and Stages**



**Goal 2:
Health Reimagined**



**Goal 3:
Inclusion and Equity,
Not Isolation**

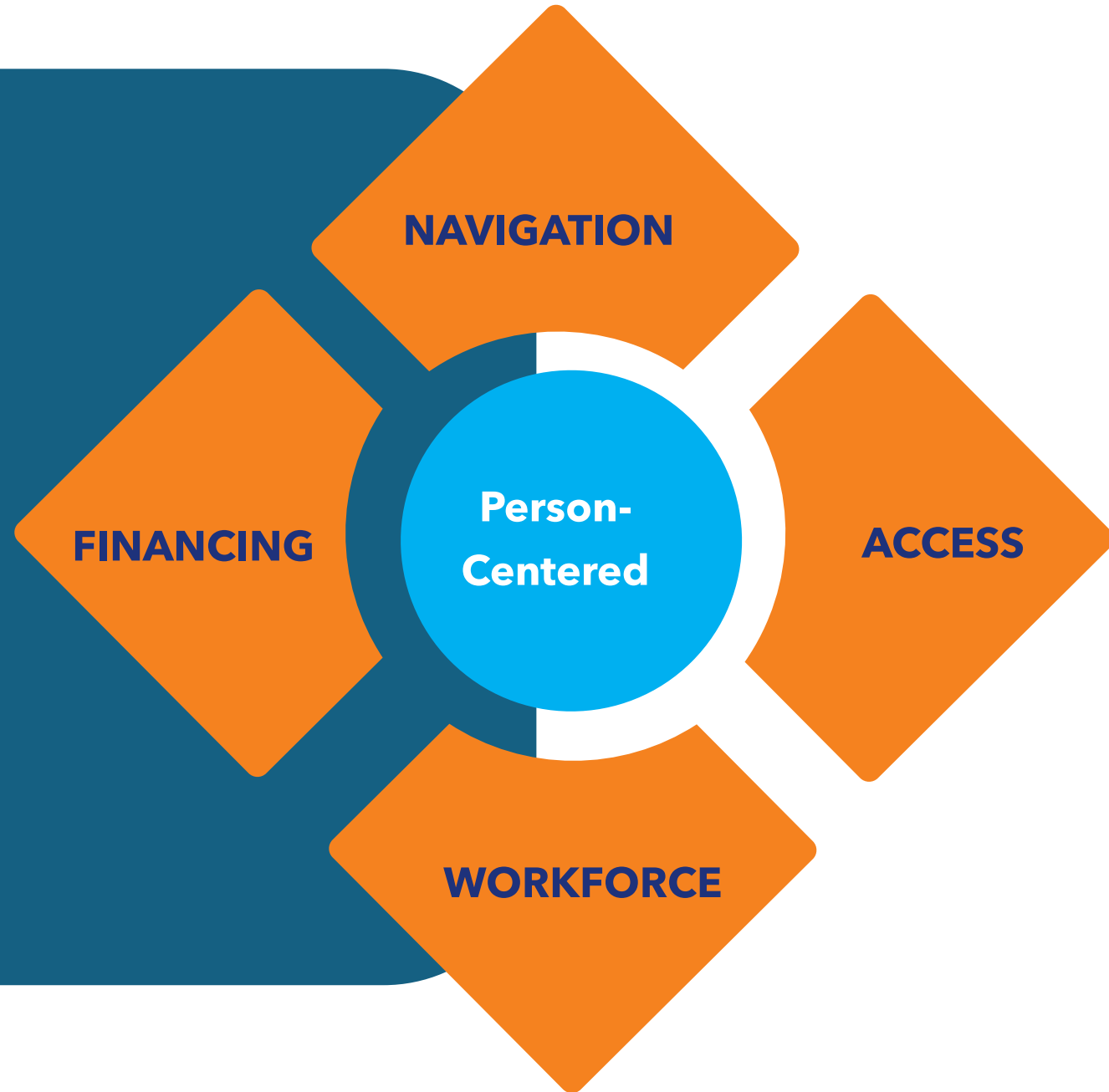


**Goal 4:
Caregiving that Works**



**Goal 5:
Affording Aging**

Master Plan for Aging:
**Long-Term Services and
Supports System Change**





Master Plan for Aging: Goal 4: Caregiving that Works

California's Caregiver Support Network- California Caregiver Resource Centers

- Specialized Information
- Caregiver Assessment
- Family Consultation & Care Navigation
- Respite Care
- Short-Term Counseling - Individual sessions with licensed counselors
- Support Groups
- Education and Caregiver Training
- Legal & Financial Consultation

Figure 2: CRC Site Catchment



Services also available through Area Agencies on Aging – Family Caregiver Support Program

Family Caregivers in the MPA

Strengthening

Strengthen the Direct Care Workforce

- CalGrows
- IHSS Career Pathways
- Wage Increase for Direct Service Professionals

Launching

Launch California's First Caregiver Equity Roadmap

Leading

Lead in the National Strategy for Family Caregivers

Supporting

Support Paid Family Leave for Family Caregivers



California's Caregiver System and the Equity Roadmap

- Understand population needs and gaps in services
- Develop standardized data
- Identify and deploy evidence-informed interventions to address key caregiver concerns
- Develop a Caregiver Equity Roadmap to reach those most in need



Caregiving - Panelists



Min Chang,
CEO,
Homebridge



Anna Satake, Assistant
Clinical Professor and
Geriatric Clinic Nurse
Specialist,
**Betty Irene Moore School
of Nursing at UC Davis**



Kathleen Kelly,
Executive Director,
**Family Caregiver
Alliance**



H O M E B R I D G E



Our Mission

Making independent living possible for those unable to care for themselves.

Our vision is to support Californians with complex health needs to live independently.

We are one of California's largest providers of caregiver training. Our philosophy cuts through the complexity and redefines in-home care for the most vulnerable.



Pictured: Malique Johnson
HOMEBRIDGE HOME CARE PROVIDER

2025
Workforce + Care &
Street-to-Shelter-to-
Home Model

2020
Shelter-in-Place Care
Initiative

2010
Wraparound
Services Added

1995
Caregiving Training
Launched

1985
Founded by Local
Advocates

4
Decades
Of Service

Our Reach

1,500+

Clients supported annually

75,000

Caregivers trained statewide

90%

Caregiver retention

25+

Counties with active programs

69,000

Online courses completed



Pictured: Elizabeth Stromer & Amaoge Chuba
GUEST AT JERROLD COMMONS SHELTER & MANAGER OF CASE MANAGEMENT SERVICES



Who We Serve

Low-income older adults with complex needs.

Adults with disabilities requiring specialized care.

People experiencing homelessness in transition to housing.

Immigrants and non-English speakers.

Caregivers seeking economic opportunity.

Pictured: Daniel Morrison & Jim Hutchinson
HOMEBRIDGE HOME CARE PROVIDER & HOMEBRIDGE CLIENT



Pictured: Steven Valek
GUEST AT JERROLD COMMONS SHELTER

California's Care Crisis

Lack of Care Options

Few quality choices for our most vulnerable populations.

Critical Shortage

Lack of skilled caregivers who can handle complex needs.

Low Caregiver Retention

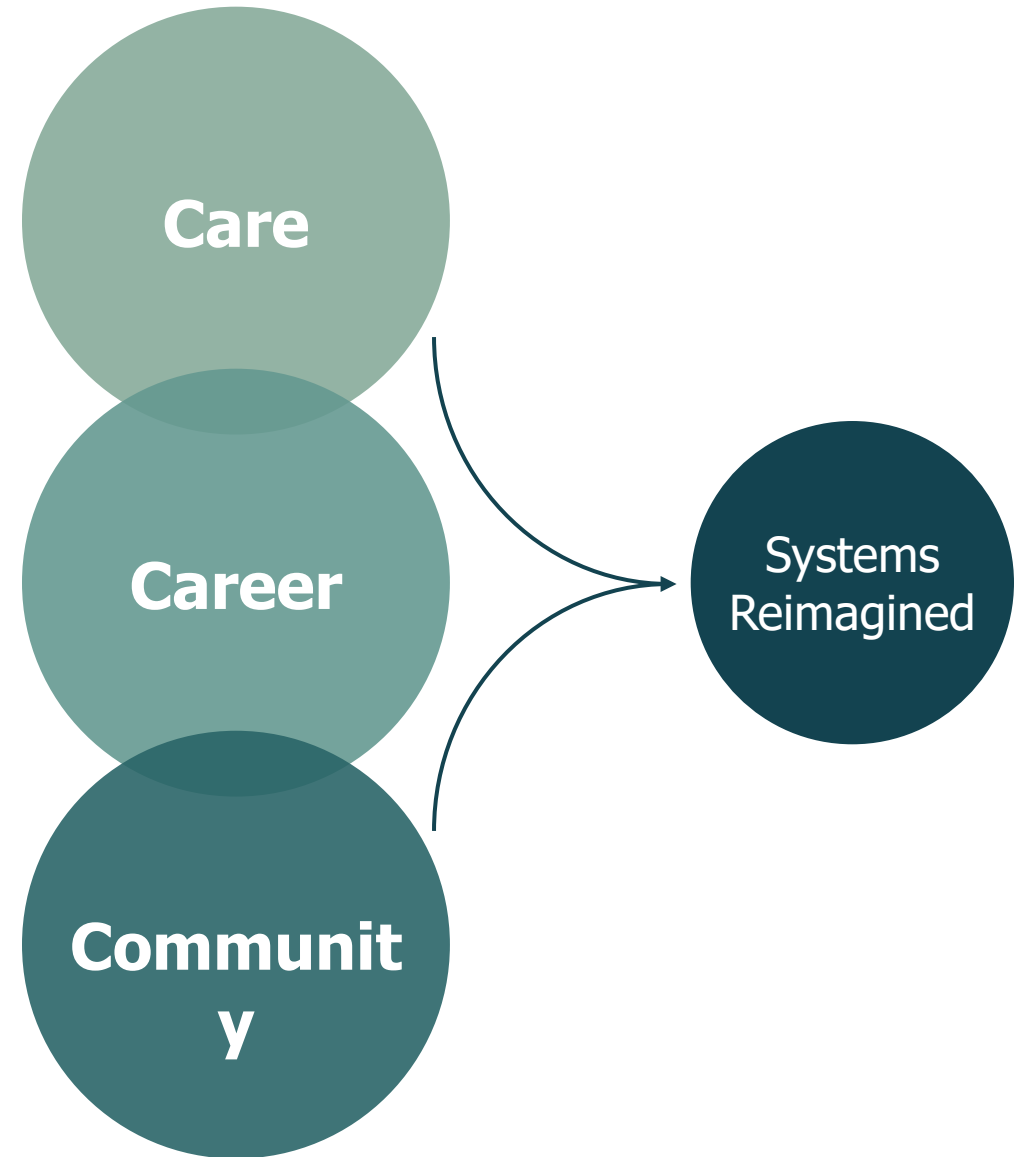
High turnover rates in direct care roles.

Housing Instability

People cycling among streets, shelters, and institutions.

The Homebridge Impact Model

Quality Care · Individual
Economic Opportunity · Workforce
Community Support · Community
Each strengthens the others.





HOMEBRIDGE



Min Chang

CHIEF EXECUTIVE OFFICER

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UC Davis Health & School of Nursing: Impacting Caregiving in Different Spheres

BETTY IRENE MOORE SCHOOL OF NURSING

Anna Satake PhD, MSN, RN, GCNS

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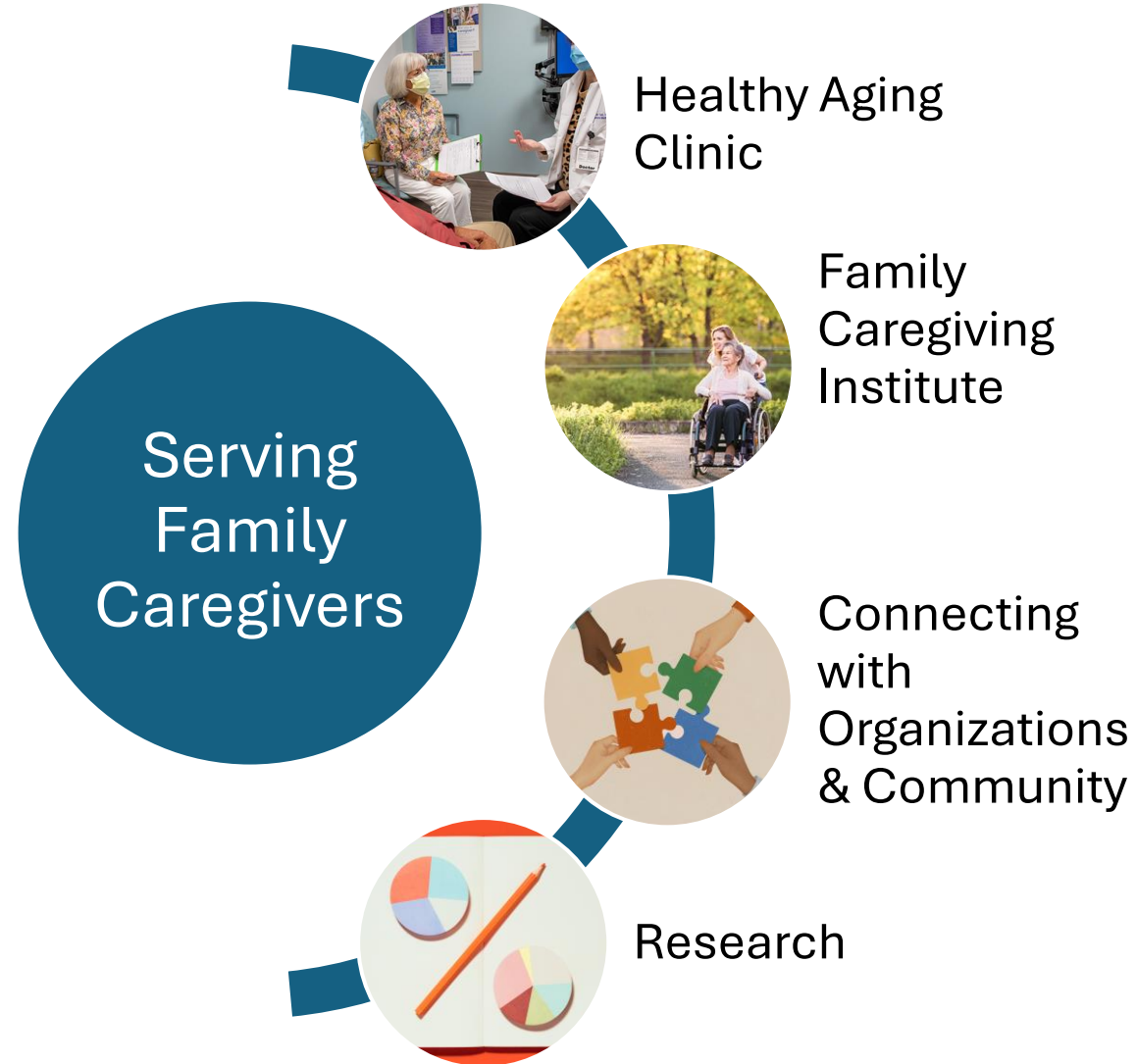
Family Caregivers: Partners in Age-Friendly Care Across the Continuum

-  What matters most
-  Ensure safe medication practice
-  Mentation
-  Mobility

Caregivers ensure continuity

- Knowledge keepers:
Baseline, routines, preferences, medical/social history
- Shared decision making:
Help align care plans across providers
- Support patient
Follow treatment plan, daily care, emotional/social needs

UC Davis Betty Irene Moore School of Nursing – Serving Family Caregivers



Healthy Aging Clinic

The clinic was designed to provide comprehensive care to older adults, and their **family caregivers**.

Services include:

- ❖ Geriatric medicine
- ❖ Alzheimer's and Dementia Care (ADC) Program
- ❖ Physical Therapist
- ❖ Social Worker
- ❖ Registered Dietician
- ❖ Pharmacist
- ❖ Family Caregiver Consultation (Geriatric CNS)

Collaborations with: Cognitive Neurology, Neuropsychologist, Geriatric Psychiatry



Family Caregiver Consultation

- Offered to improve the competence and confidence of family caregivers.
- Available to a caregiver of a person with dementia or older adult with physical limitations requiring assistance for activities of daily living and/or behavior management.
- 1-hour long visit with family caregiver(s) and the Geriatric Clinical Nurse Specialist



Caregiver knowledge and skill needs assessed



Individualized education and coaching provided

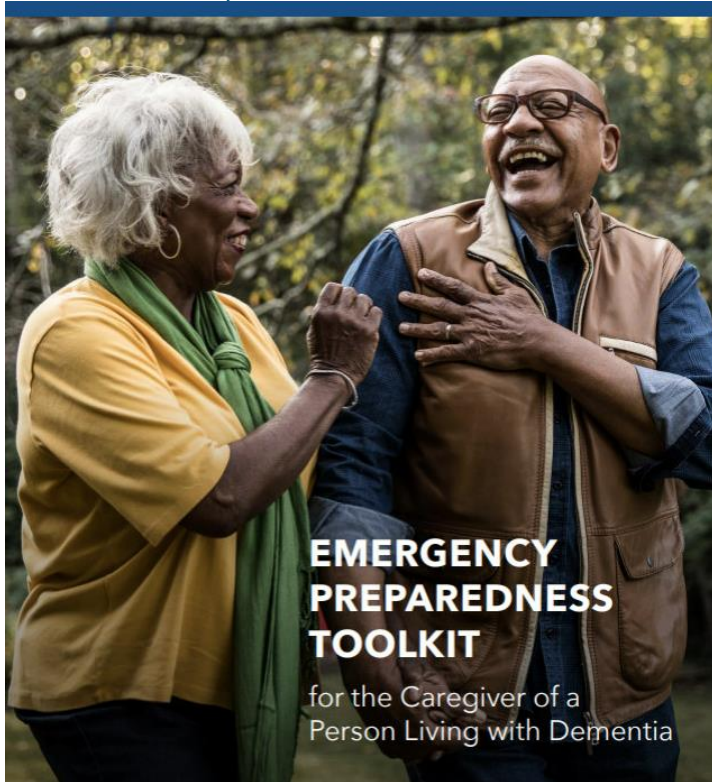
Understanding stages of dementia
Managing challenging behaviors
Caregiver education resources
Helping with activities of daily living
Decision making regarding safety & quality of life.



Ongoing follow-up education and coaching

Effectiveness of prior suggested techniques.
New education provided as needed

Piloting an Online Emergency Preparedness Toolkit for Caregivers Preparing for Their Own Health Care Emergency



Purpose: To help caregivers of a spouse/partner with dementia be prepared in the case of their own health emergency, and ensure that in their absence, their spouse/partner with dementia is cared for.

Study includes:

- Creation of an online EPT tool for caregivers to complete.
- Spousal caregivers recruited and randomized to receive the EPT with or without a coach.

Aim #1 To determine if the EPT online application and tailored coaching will increase the success of spousal caregiver to identify a standby caregiver and complete the EPT.

Aim #2 To determine if the tailored coaching will increase spousal caregiver preparedness, confidence and self-efficacy compared to those who did not receive coaching from baseline to three months.

PI and Co-Investigators:

Rebeca Boxer, MD, MS

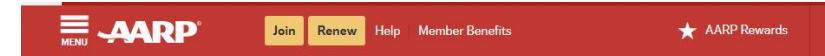
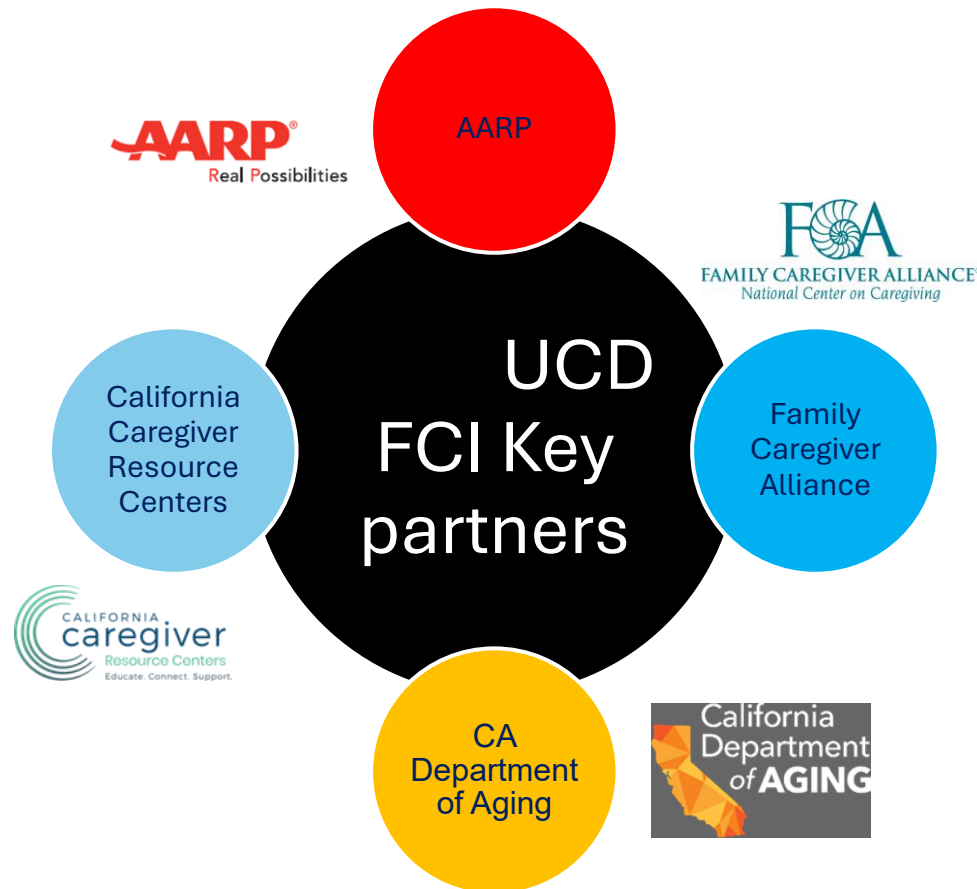
Anna Satake PhD, MSN, GCNS, RN

Heather Young PhD, RN, FAAN

Danielle Harvey, PhD

Partnering to Support Caregivers The Family Caregiving Institute (FCI)

The Family Caregiving Institute at the Betty Irene Moore School of Nursing at UC Davis advances the optimal health and wellbeing of family caregivers and the people in their care.



AARP PUBLIC POLICY INSTITUTE / INITIATIVES / HOME ALONE ALLIANCESM

Family Caregiving How-To Video Series

Alliance Home - About - How-To Videos - Research and Insights - Events

Medical/Nursing Task Tutorials for Family Caregivers

The "How-To" videos and resource guides for family caregivers are on specific medical/nursing tasks – including preparing special diets, care, mobility, and managing medications. The videos and resource guides, many of which are available in both English and Spanish, are available on the website.

Operating Specialized Medical Equipment

Funded by RRF Foundation for Aging, this video series seeks to provide family caregivers, who are operating specialized medical equipment, with instruction and important safety tips. It was developed by Alliance members—the AARP Public Policy Institute and the Betty Irene Moore School of Nursing at UC Davis.



ENGLISH

- Using Oxygen
- Using a Nebulizer
- Using a Mechanical Lift for Transfers
- Home Infusion Troubleshooting
- Preventing Peritonitis in Home Peritoneal Dialysis
- Taking Care of the Vascular Access for Hemodialysis

Using Oxygen

Special Diets

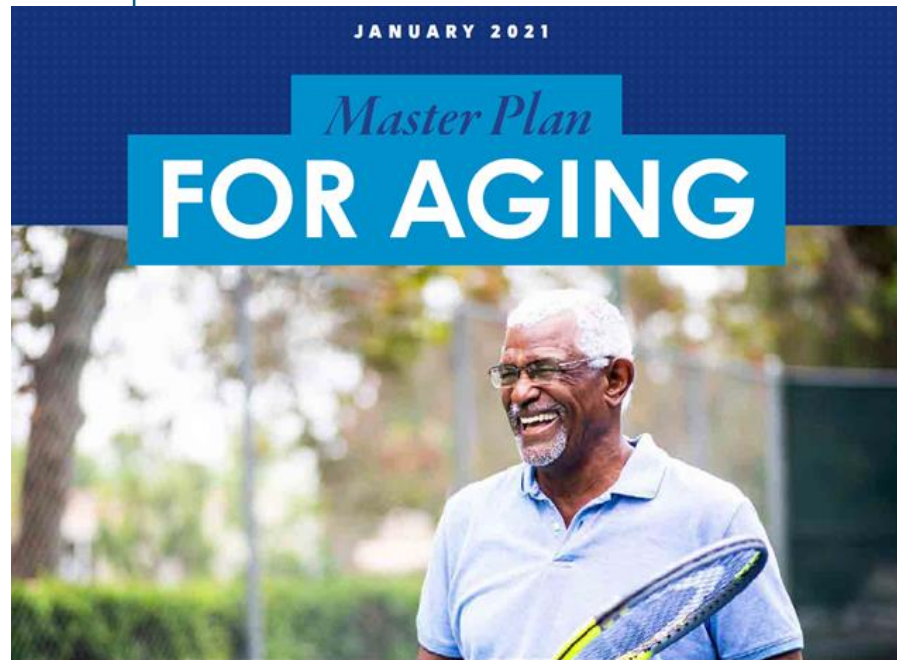
<https://www.aarp.org/pri/initiatives/home-alone-alliance/family-caregiving-videos/>



Partnering to Support Caregivers

The Family Caregiving Institute (FCI)

FCI partners with the CA Department of Aging on implementing and evaluating the Master Plan for Aging



- California Caregiver Resource Centers
 - CareNav™ implementation evaluation
- CalCOMPASS Adult Day Care program evaluation
- Local Aging and Disability Action Plan
 - Technical support and evaluation
- Caregiver Equity Roadmap development
- ACL/CDA/FCI
 - Increasing caregiver awareness, improving health and social service coordination, evaluating CalGROWS training materials

BETTY IRENE MOORE SCHOOL OF NURSING



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KP Aging Well Summit: Family Caregiving

Kathleen Kelly, MPA
Executive Director
Family Caregiver Alliance

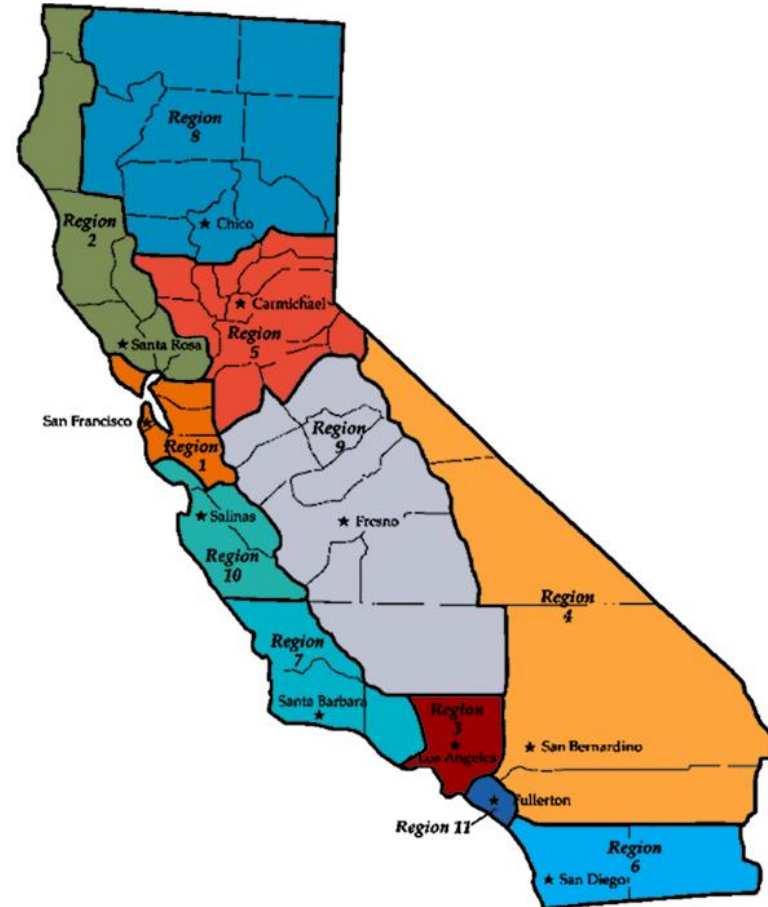
October 2025



California Caregiver Resource Centers

- 1 [Family Caregiver Alliance / Bay Area Caregiver Resource Center](#)
- 2 [Redwood Caregiver Resource Center](#)
- 3 [USC Family Caregiver Support Center](#)
- 4 [Inland Caregiver Resource Center](#)
- 5 [Del Oro Caregiver Resource Center](#)
- 6 [Southern Caregiver Resource Center](#)
- 7 [Coast Caregiver Resource Center](#)
- 8 [Passages Caregiver Resource Center](#)
- 9 [Valley Caregiver Resource Center](#)
- 10 [Del Mar Caregiver Resource Center](#)
- 11 [Caregiver Resource Center OC](#)

Established 1984



CA Caregiver Resource Center System

- Family caregivers of adult onset cognitive and neurodegenerative disorders: dementia, Parkinson, stroke, etc.
- Broad eligibility for caregivers: age, income, location
- Intake/Assessment, Care Plan, Consultation, Ongoing Support, Legal/Financial Information, Counseling, Support Groups, Respite, Training/Information, Service Linkage
- *Caregivers are served over the course of the family journey*
- CRCs are a hub for contracts for services: Caregiver Support (Title III E), county services and grants, GUIDE, etc.
- Digital record system and service delivery (CareNav)

Who Are the Family Caregivers?

- 77% female; 45% identity other than White, non-Hispanic
- 11% earn income below the FPL; majority middle-income
- CRC's see high intensity caregivers – care is personal
 - 85% perform Medical or Nursing Tasks
 - 73% provide care >40 hours per week
 - 38% care for a spouse or partner; most adult children
 - 80% assist with >10 personal care activities
 - majority have multiple chronic conditions

Policy Changes for Family Caregivers

- Recognition for 63M national 6.3M CA caregivers
- Better support for working caregivers CA PFL
- Payment/linkage between health and social care
- Pilots like GUIDE with navigation and services
- MPA CA and RAISE Act
- Public LTC payments IE Washington State Program

- CareNav
- Bay Area Caregiver Center
- Support Groups
- Services by State
- Events & Classes
- Caregiver Stories

We're here to help you.

Register for us to call you to assess your needs. All resources are free, and assistance through CareNav is free, secure, and private.

[Register](#)

[Learn More](#)

Family Caregiver Alliance improves the quality of the life for caregivers and the people who receive their care. Find out more about [our work](#).