63 Million Americans Are Caregivers: Lance A. Slatton’s 'Caregiving in America' Tackles a National Crisis



LIVONIA, MI, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Across America, millions of people are taking on responsibilities they never expected: managing a parent’s medications, coordinating medical appointments, navigating a dementia diagnosis, arranging care from hundreds of miles away, or balancing work and family while caring for a loved one.

Many do not think of themselves as caregivers. They are simply husbands, wives, sons, daughters, siblings, friends and neighbors helping someone they love.

According to the Caregiving in the U.S. 2025 report from AARP and the National Alliance for Caregiving, 63 million Americans — nearly one in four adults — are providing ongoing care for an adult or child with a complex medical condition or disability. That is nearly 20 million more caregivers than a decade ago.

For author, senior care leader and caregiving advocate Lance A. Slatton, those numbers represent an experience that changed his own life.

His new book, Caregiving in America: Understanding, Navigating, and Transforming the Most Important Responsibility Millions of Families Never Expected, was created to help families understand caregiving and prepare for decisions that often arrive without warning.

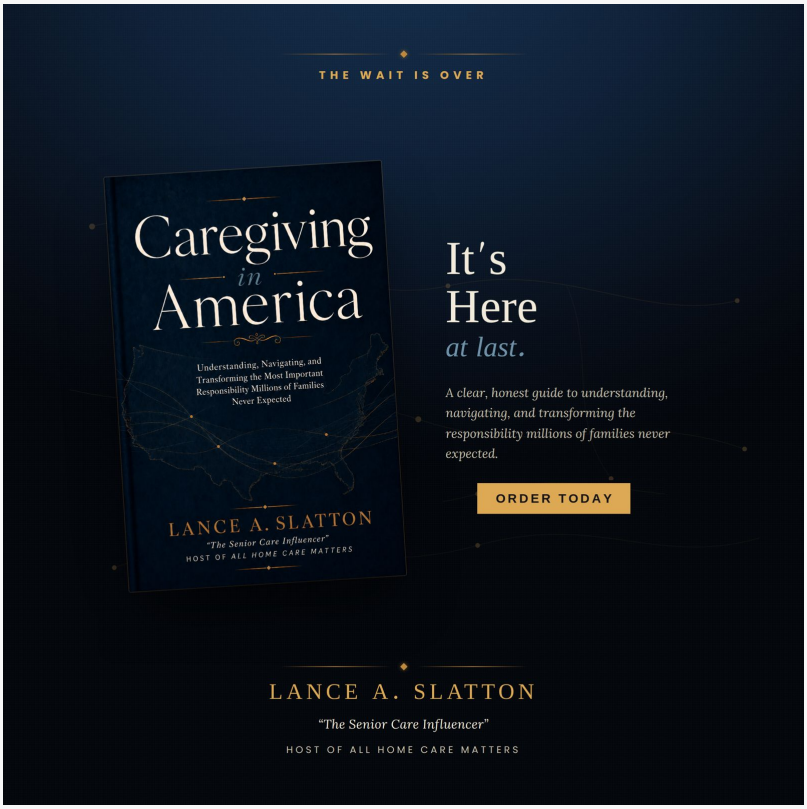
A Personal Experience Became a National Mission

Slatton’s caregiving journey began years ago while he was newly married and pursuing a path toward medicine. He received a call that his father needed help.

What was expected to be a relatively short period of support became nearly three years of around-the-clock caregiving as his father endured seven major surgeries.

The experience exposed Slatton and his family to physicians, nurses, surgeons, rehabilitation professionals and different parts of the healthcare system. Yet they still found themselves learning much of caregiving as they went.

That experience ultimately shaped more than two decades of work in healthcare and senior care, including co-founding Enriched Life Home Care Services, creating All Home Care Matters and taking a leadership role with AlzAuthors.



It also led to a question that became central to Caregiving in America: Why are families given so much responsibility for caregiving, yet so little preparation for what that responsibility actually requires?

"Nobody handed my family a roadmap," Slatton said. "Like so many families, we learned as we went. Years later, after working with families and hearing the stories of caregivers across the country, I kept coming back to the same thought: people deserve to be better prepared than we were."

> They are coordinating care, advocating at appointments, managing medications and making enormous decisions while still trying to be a spouse, a parent, an employee, a son or a daughter."
>
> *Slatton*

A Practical Resource for Families

At 766 pages, Caregiving in America was designed as a working resource for families rather than a book simply read once.

It covers healthcare navigation, caregiver burnout and compassion fatigue, dementia and complex conditions, family advocacy, Medicare and Medicaid, veterans' benefits, long-term care insurance, legal planning, home care, care settings, family conflict, long-distance caregiving, grief and what follows the end of a caregiving role.

The book also includes national and state-by-state resources, worksheets, checklists, self-assessments, planning tools and an expanded glossary.

“I did not want to write something that simply told caregivers to take care of themselves and ask for help,” Slatton said. “Families need to know what questions to ask, what options may exist, what terminology means and where they may be able to turn for support.”

A Voice Reaching Caregivers Across the Country

Widely known as “The Senior Care Influencer,” Slatton is the founder and host of All Home Care Matters, an award-winning podcast and YouTube platform focused on senior care, family caregiving, dementia, home care and long-term care.

Since launching in 2020, the platform has produced more than 500 episodes, surpassed 112,000 YouTube subscribers and generated more than 26 million video views. It has also received YouTube’s Silver Creator Award, while AARP has featured All Home Care Matters among podcasts providing guidance and support to family caregivers.

Slatton also serves as President and Owner of AlzAuthors and continues working directly with families as Co-Founder and Senior Case Manager of Enriched Life Home Care Services.

Caregiving Is Already Here

For millions of families, caregiving begins gradually — a daughter starts driving her mother to appointments, a husband organizes his wife’s medications, or an adult child begins managing a parent’s bills.

One responsibility becomes another until caregiving begins affecting work, finances, relationships, sleep and everyday life.

Slatton hopes Caregiving in America reaches both people already providing care and those who may soon find themselves in that role.

“Caregivers deserve more than recognition after they are already exhausted,” Slatton said. “They deserve information before the crisis. They deserve support while they are in it. They deserve a healthcare system that recognizes them as essential partners.”

Caregiving in America Available Now

Caregiving in America: Understanding, Navigating, and Transforming the Most Important Responsibility Millions of Families Never Expected is published by eBookIt.com and is available in paperback, hardcover and digital formats through major booksellers. The print editions were published July 8, 2026.

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About Lance A. Slatton

Lance A. Slatton, CSCM, known as “The Senior Care Influencer,” is a nationally recognized voice in family caregiving, senior care and aging. He is the Founder and Host of All Home Care Matters,

President and Owner of AlzAuthors, and Co-Founder and Senior Case Manager of Enriched Life Home Care Services in Livonia, Michigan.

His professional path was shaped by nearly three years of caring for his father through seven major surgeries. Today, his work spans healthcare, media, publishing, advocacy and direct support for families navigating long-term care.

Media Availability
Lance A. Slatton is available for television, radio, podcast, print and digital media interviews on family caregiving, dementia and Alzheimer's caregiving, caregiver burnout, aging at home, healthcare and long-term care navigation, caregiving and the workplace, home care, caregiver advocacy and the future of caregiving in the United States.

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