

# Health care? Daughters know all about it

By **Roni Caryn Rabin, New York Times**

As Washington debates the relative merits of Obamacare or Trumpcare, many families have already come up with what is arguably the most reliable form of care in America: It's called daughter care.

The essential role that daughters play in the American health care system is well known but has received little attention. But some health care analysts are beginning to sound the alarm about the challenges women face as caregivers – not just for children but for aging parents – often while holding full-time jobs.

This month, the medical journal JAMA Neurology highlighted a looming crisis for women and their employers: the growing ranks of dementia patients who will end up relying on family members, typically daughters, for their care.

“The best long-term care insurance in our country is a conscientious daughter,” wrote the authors, all of whom are fellows at Stanford University's Clinical Excellence Research Center, which studies new methods of health care delivery.

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