



# Support Seniors & Their Family Caregivers

Millions of Americans are caring for an aging parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and we can take some common sense steps that would make the world of difference to them. That's why AARP urges state lawmakers to enact **The Caregiver Advise, Record, Enable (CARE) Act** to better support family caregivers as they safely help seniors stay at home.

## What is The CARE Act

The CARE Act recognizes the critical role family caregivers play in keeping their loved ones out of costly institutions.

The bill features three important provisions:

- ♥ The name of the family caregiver is recorded when a loved one is admitted into a hospital or rehabilitation facility;
- ♥ The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,
- ♥ The facility must provide an explanation and live instruction of the medical tasks – such as medication management, injections, wound care, and transfers – that the family caregiver will perform at home.

## Why States Need The CARE Act

- ♥ Most care recipients (69%) did not have a home visit by a health care professional after discharge from the hospital.
- ♥ Almost half (46%) of family caregivers perform medical or nursing tasks for their loved ones with multiple chronic physical and cognitive conditions.
- ♥ Three out of four (78%) who provide these medical or nursing tasks manage medications, including administering intravenous fluids and injections.
- ♥ Most family caregivers report that they received little or no training to perform these tasks.

*AARP report "Home Alone: Family Caregivers Provide Complex Chronic Care"*

For more information, visit [www.aarp.org/SupportCaregivers](http://www.aarp.org/SupportCaregivers).

## Family Caregivers in America

- ♥ The vast majority of older Americans want to live independently at home.
- ♥ Most seniors who receive assistance at home rely exclusively on unpaid family caregivers for help.
- ♥ More than 42 million family caregivers help their loved ones to live independently – keeping them out of costly institutions, such as nursing homes.
- ♥ Across the states, family caregivers provide unpaid care valued at about \$450 billion annually.
- ♥ Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, feeding, medication management, wound care, transportation, and more.
- ♥ To find out how states rank when it comes to support of unpaid family caregivers, visit [www.longtermscorecard.org](http://www.longtermscorecard.org).