



# Help is here for family caregivers in Maine.

## The CARE Act.

About 178,000 Mainers care for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, and now there's a new law in place that will make life a little bit easier for them.

The CARE (Caregiver Advise, Record, Enable) Act makes sure caregivers are recognized when their loved ones go into the hospital and as they transition home. It requires hospitals to:

- ♥ Record the name of the patient's designated family caregiver upon admission;
- ♥ Keep that caregiver informed of their loved one's discharge plans; and
- ♥ Provide education and instruction of aftercare tasks—such as medication management, injections, wound care, and transfers—that the family caregiver will perform at home.

**AARP Maine fought for the CARE Act because supporting caregivers is a top priority for all of us.** We hope you will cut out the card below and fold it around your insurance card to keep in your wallet. That way, you'll have important information about this new law available when you need it most.

**For more information about caregiving resources, visit [aarp.org/me](http://aarp.org/me) or call 1-866-554-5380. To share your caregiving story, visit [aarp.org/iheartcaregivers](http://aarp.org/iheartcaregivers).**



KEEP THIS CARD IN YOUR WALLET

### WHEN YOUR LOVED ONE ENTERS THE HOSPITAL

Flip this card for information about **The Caregiver Advise, Record, Enable (CARE) Act**



FOLD

#### The CARE Act requires hospitals to:

- ♥ Record the name of the patient's designated family caregiver upon admission.
- ♥ Keep that caregiver informed of their loved one's discharge plans.
- ♥ Provide education and instruction of aftercare tasks—such as medication management, injections, wound care, and transfers that the family caregiver will perform at home.

For more information about caregiving resources, visit [aarp.org/me](http://aarp.org/me) or [aarp.org/caregiving](http://aarp.org/caregiving).