



# Family caregivers in Virginia now have more support.

## The CARE Act.

Over 1 million Virginians 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 that will make life a little bit easier for them.

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

- ♥ Provide you the opportunity to designate a family caregiver.
- ♥ Inform your caregiver when you are to be discharged to another facility or back home.
- ♥ Provide an explanation and a demonstration of any medical tasks your caregiver will need to perform at home.

**AARP Virginia 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/caregiving](http://aarp.org/caregiving) or [aarp.org/va](http://aarp.org/va).**

**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**

**I ♥ Caregivers**<sup>SM</sup>

**AARP** Real Possibilities  
Virginia

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