



Help is here

for family caregivers

in Maryland

More than 700,000 Marylanders care for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, and on October 1, 2016, a new law took effect that will make life a little bit easier for them.

Maryland's CARE Act helps family caregivers when their loved ones go into the hospital and as they transition home. Maryland's CARE Act requires hospitals to:

- ♥ Provide your loved one the opportunity to designate a caregiver—such as a family member, friend, or neighbor.
- ♥ Inform you when your loved one is to be discharged to another facility or back home.
- ♥ Consult with you on the aftercare tasks you will need to perform at home.

AARP Maryland fought for this new law 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/md or aarp.org/caregiving. To share your caregiving story, visit aarp.org/iheartcaregivers.

KEEP THIS CARD IN YOUR WALLET

WHEN YOUR LOVED ONE ENTERS THE HOSPITAL

Flip this card for information about

Maryland's CARE Act

I  **Caregivers**SM

AARP Real Possibilities
Maryland

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For more information about caregiving resources, call **1-866-542-8163**.