About 200,000 Nebraskans care for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, and a new law is now in place that will make life a little bit easier for them.

The Assisting Caregiver Transitions (ACT) Act helps family caregivers when their loved ones go into the hospital and as they transition home. Under ACT, Nebraska hospitals will:

- Allow patients to designate a family caregiver;
- Notify the family caregiver when the patient is going to be discharged to another facility or back home; and
- Give 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.

AARP Nebraska fought for the Assisting Caregiver Transitions 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/ne or aarp.org/caregiving.
To share your caregiving story, visit aarp.org/iheartcaregivers.