



Family caregivers in New Mexico

now have more support.

More than 277,000 New Mexico residents 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 a new law will help make life a little bit easier for them.

The CARE Act—also known as the New Mexico Lay Caregiver Aftercare Training Act —helps family caregivers when their loved ones go into the hospital and as they transition home. The law requires hospitals to:

- ♥ Provide your loved one the opportunity to designate a family caregiver
- ♥ Notify you when your loved one is to be discharged back home
- ♥ Instruct you on the medical tasks that you will need to perform at home such as medication management, injections and wound care

AARP New Mexico 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 or aarp.org/nm.

To share your caregiving story, visit aarp.org/iheartcaregivers.



KEEP THIS CARD IN YOUR WALLET

WHEN YOUR LOVED ONE ENTERS THE HOSPITAL

The CARE Act
Requires that the Hospital Involve YOU, the Family Caregiver

Flip this card for what to do



FOLD

ASK:

- ♥ That your information be entered into the medical record of your loved one
- ♥ To be consulted when your loved one is to be discharged to another facility or back home
- ♥ To be trained on the medical tasks you will need to perform at home