

The CARE Act in New Mexico



Hundreds of thousands of New Mexico residents are caring for an older parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and now there's support in place that will make life a little bit easier for them. A new law, the New Mexico Lay Caregiver Aftercare Training Act – also known as the CARE Act – is a commonsense solution to support family caregivers when their loved ones go into the hospital and as they transition home.

What is The CARE Act

The CARE Act recognizes the critical role family caregivers play in keeping their loved ones out of costly institutions.

The law features three important provisions:

- ♥ The name of the family caregiver is recorded when a loved one is admitted into a hospital;
- ♥ The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,
- ♥ The facility must provide an 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.

Why New Mexico Needs The CARE Act

- ♥ Most care recipients (69%) did not have a home visit by a health care professional after discharge from the hospital.
- ♥ Almost half (46%) of family caregivers perform medical or nursing tasks for their loved ones with multiple chronic physical and cognitive conditions.
- ♥ Three out of four (78%) who provide these medical or nursing tasks manage medications, including administering intravenous fluids and injections.
- ♥ Most family caregivers report that they received little or no training to perform these tasks.

AARP report "Home Alone: Family Caregivers Provide Complex Chronic Care"

For more information contact AARP New Mexico at
1-866-389-5636 or at NMAARP@aarp.org.

Family Caregivers in New Mexico

- ♥ **The vast majority of older Americans want to live independently at home.**
- ♥ **Most seniors who receive assistance at home rely exclusively on unpaid family caregivers for help.**
- ♥ **More than 419,000 family caregivers in New Mexico help their loved ones to live independently – keeping them out of costly institutions, such as nursing homes.**
- ♥ **Across New Mexico family caregivers provide unpaid care valued at about 3.1 billion annually.**
- ♥ **Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, feeding, medication management, wound care, transportation, and more.**

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