



# Support Minnesota Family Caregivers



**SF107** (Senators Eken, Sheran, Senjem, Carlson and Eaton)

**HF210** (Representatives Zerwas, Schoen, Hamilton, Loon, Liebling, Yarusso, Slocum, Lohmer, Lien, Nornes, C. Johnson, Lillie, and Bernardy)

Thousands of Minnesotans are caring for an aging parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and we can take some common sense steps that would make the world of difference to them. That's why AARP urges state lawmakers to enact **The Care-giver Advise, Record, Enable (CARE) Act** to better support family caregivers as they safely help seniors stay at 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 bill 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 Minnesota 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"*

## Organizations That Support CARE Act (As of 1/15)

AARP, Alzheimer's Association of Minnesota and North Dakota, American Cancer Society, American Heart Association, Amherst H. Wilder Foundation, Arc of Minnesota, Caregivers Creating Change, Family Means, Mature Voices Minnesota, MN Area Agencies on Aging, MN Board on Aging, National MS Society Upper Midwest Chapter, Office of Ombudsman for Long-Term Care, Open Arms Minnesota, University of Minnesota's Center on Aging

## Family Caregivers

♥ 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 670,000 family caregivers in MN help their loved ones to live independently – keeping them out of costly institutions, such as nursing homes.

♥ In Minnesota, family caregivers provide unpaid care valued at about \$8.2 billion annually.

♥ Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, feeding, medication management, wound care, transportation, and more.

♥ Minnesota ranks 39<sup>th</sup> in the nation in the percentage of home health patients with a hospital admission. This means Minnesota has work to do in safely transitioning people from hospitals back home. Visit [www.longtermcarecard.org](http://www.longtermcarecard.org).

**For more information, Contact Mary Jo George at [mgeorge@aarp.org](mailto:mgeorge@aarp.org)**