



Support Alaskans with Disabilities, Seniors, and their Family Caregivers

Thousands of Alaskans are caring for an older family member or a loved one with a disability, helping them to live independently in their own homes. These unpaid family caregivers have huge responsibilities and we can take some common sense steps that would make a world of difference to them. That's why AARP urges legislators to enact **The Caregiver Advise, Record, Enable Act (SB 72)** to better support family caregivers as they safely help Alaskans remain 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 a family or other unpaid caregiver is recorded when a loved one is admitted into a hospital;
- ♥ The caregiver is notified when the loved one is to be discharged back home; and
- ♥ The hospital must provide a demonstration — either in person or recorded instruction — of the medical tasks, such as wound care, medication management, injections, and transfers that the family caregiver will perform at home.

Why Alaska Needs Senate Bill 72

- ♥ 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," October 2012
Full report at <http://bit.ly/1MvQ5Mn>

For more information, contact Ken Helander at AARP Alaska at 907-762-3314 or khelander@aarp.org

Family Caregivers in Alaska

- ♥ The vast majority of older and disabled Alaska residents want to live independently at home.
- ♥ Most Alaskans who receive assistance at home rely exclusively on unpaid family caregivers for help.
- ♥ More than 128,000 family caregivers in Alaska help their loved ones to live independently, keeping them out of costly institutions, such as nursing homes.
- ♥ In Alaska, family caregivers provide unpaid care valued at about **\$1.1 billion** annually.
- ♥ Family caregivers perform a variety of caregiving duties, including help with bathing and dressing, nutrition, wound care, medication management, transportation, and more.

KEY FINDING FROM SURVEY: 95% of Alaskan voters age 45 and older feel hospitals should be required to demonstrate medical and nursing tasks to caregivers.

SOURCE: 2015 AARP Caregiving Survey: Opinions of Alaska Registered Voters Age 45 and Older on Support for The Caregiver Advise, Record, Enable (CARE) Act. For a copy of survey, contact Ann Secrest at AARP Alaska, asecrest@aarp.org or 907-762-3302.

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