



# Support Oregon Seniors & Their Family Caregivers

Hundreds of thousands of Oregonians 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 lawmakers to enact **The Caregiver Advise, Record, Enable (CARE) Act** to better support family caregivers as they safely help Oregon 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 Oregon Needs the CARE Act

- ♥ Half (50%) of Oregon registered voters age 45 and older are now providing or have provided unpaid care to an adult loved one who needs care.
- ♥ 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"*

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## Family Caregivers in Oregon

- ♥ The vast majority of older Americans/Oregon residents want to live independently at home.
- ♥ Most seniors who receive assistance at home rely exclusively on unpaid family caregivers for help.
- ♥ More than 460,000 family caregivers in Oregon help their loved ones to live independently – keeping them out of costly institutions, such as nursing homes.
- ♥ In Oregon, family caregivers provide unpaid care valued at about \$5.5 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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