CARE Act and Related Caregiver Policies in the United States and their Impact on Patient Outcomes

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Overview of caregiver burden in the U.S. and CARE Act
of unpaid adult caregivers during COVID-19 pandemic reported having suicidal thoughts

3.6% of non-caregivers had suicidal thoughts

Source: U.S. Department of Health and Human Services
Depression
20% caregivers report depression, 2X more than general population

Lack of financial support
Caregivers spend 26% of their income on caregiving activities

Lack of respite care
Almost 1 in 3 caregivers provide 20+ hours of care per week

Caregiver-related health burden
40.7% of caregivers have 2+ chronic diseases

Source: CDC and AARP
Caregiver Advise Record Enable (CARE) Act

Integrating caregivers into the clinical care team

**Advise**
Advise patients of the opportunity to designate a caregiver

**Record**
Record the name of the caregiver in the patient’s health record

**Enable**
Enable the caregiver by providing training on the medical tasks they will need to perform for the patient at home
States that have passed CARE Act

States that have not passed CARE Act

Source: AARP
Our aims with analyzing the CARE Act and other caregiver-related policies
01 Evaluate Patient Experience and Hospital Communication

02 Quantify Readmission Rate

03 Understand Caregiver Landscape in USA

04 Call for More Federal Action
Impact of the CARE Act on patient experience and post discharge utilization at U.S. hospitals
Methods

- **American Hospital Association's Annual Survey**
  - U.S. hospitals from 2013-2019

- **CMS Hospital Compare database**
  - Patient experience, communication between patients and clinical team, and readmission

- **American Association for Retired Persons (AARP) Public Policy Institute**
  - CARE Act passage by state

- **STATA, R**
  - Statistical analysis using datasets

- **Linear regression and a difference-in-differences approach**
  - Hospitals in states that passed the CARE Act vs. hospitals in states that did not pass CARE Act
Findings

Improvements in overall hospital rating

Improvements in nursing and physician communication

Improvements in percent of patients who recommend hospital to others

Differential reduction in rate of readmission

01 EVALUATE PATIENT EXPERIENCE AND HOSPITAL COMMUNICATION

02 QUANTIFY READMISSION RATE
Article: The tipping point for caregiver policy: from state innovation to federal change
Identify lack of federal adoption of state innovation

Establish successful federal adoption of state innovation

Global Payments → Federal Reform
Evidence-based state innovation
Diffusion effect

Problem
Variation in state-level policies calls for federal support of caregivers

Call for Federal Action
Extend local benefits to marginalized groups across the U.S. for effective state innovation

Massachusetts → ACA
Evidence-based state innovation

CARE Act
Racial and ethnic minorities in SE states

Paid Family Leave
Gender wage gap in states without PFL benefits

01
02
03
04
05
06
Lessons Learned

- **Caregiver Landscape**
  - Significance of caregivers
  - Burdens of caregivers

- **Qualitative Analysis Skills**
  - Research skills
  - Literature review
  - Familiarity with legislations
  - Writing skills

- **Quantitative Analysis Skills**
  - STATA
  - Applying coding to conduct statistical analysis on variables of interest

- **Importance of HSR**
  - HSR → policy making
  - Learned ways to influence the advocacy and policy making process