



Susana Martinez, Governor
Myles Copeland, Cabinet Secretary
Kyky Knowles, Deputy Secretary

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Aging and Long-Term Services Department Recognizes Family Caregivers, Highlights Resources

SANTA FE, NM – The New Mexico Aging and Long-Term Services Department (ALTSD) recognizes the valuable work of family caregivers in providing in-home or community care for their relatives or loved-ones. Each year, 419,000 New Mexicans provide more than 257 million hours of unpaid family care.

Recognizing the importance of family caregivers, Governor Susana Martinez proclaimed February 15, 2017, as ["I Heart Caregivers Day"](#) in New Mexico.

"Family caregivers deserve to have their work recognized and supported," said Myles Copeland, Aging and Long-Term Services Department Secretary. "By increasing family caregivers' access to needed resources, including appropriate training and respite, they are better equipped for the challenging task of caring for their loved one."

Family caregivers assist their loved ones with activities of daily living such as bathing, dressing, eating, and medical tasks. Caregivers run errands, take care of the house, take loved ones to appointments, or coordinate care. Most people, at some point in their lives, become caregivers.

In 2015, Governor Martinez introduced the [New Mexico State Plan For Family Caregivers](#), a collaboration between public and private partners in the state including family caregivers themselves, which outlines strategic goals to address the challenges that face family caregivers through coordinated support, training, planning, and preventive measures.

As part of the State Plan, ALTSD's Aging and Disability Resource Center (ADRC) assists caregivers in finding supports and resources statewide. ADRC specialists help family caregivers connect with resources and benefits appropriate for their situation, including support groups, respite care, transportation, and more.

The ADRC can be reached toll-free at 800-432-2080 during normal business hours. For more information, visit the Department's website at www.nmaging.state.nm.us

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