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Get Support at "Ask Medicare"



Watch a quick video about **"Ask Medicare,"** the website for caregivers.

If you're one of the 66 million Americans caring for an aging or ill family member, we're here to make your life a little easier.

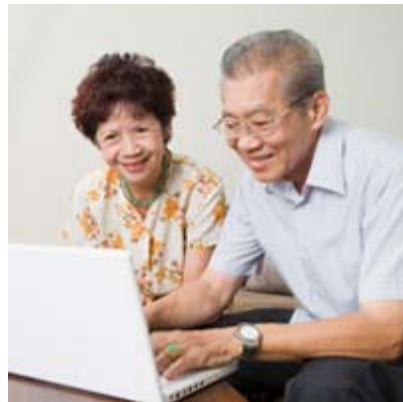
Visit medicare.gov/caregivers for the latest news.

Rules for Medicare Plan Sales Agents

Medicare plans can start marketing for **Open Enrollment** on October 1. Protect yourself by knowing the rules about what Medicare plan sales agents can do. Sales agents CAN'T:

- Come to your home uninvited
- Approach you in parking lots, hallways or lobbies
- Offer you a gift worth more than \$15 to join their plan
- Provide meals at sales presentations
- Try to sell you a plan at educational events

If you know of an agent that's not following these marketing rules, send an email with the details of what happened to our Surveillance Mailbox at surveillance@cms.hhs.gov.



Visit medicare.gov/qualitycarefinder today.

Tax Benefits for Caregivers

If you provide care and financial support for an older adult, you may be eligible for certain tax breaks or other financial help. You may want to look into:

- Multiple Support Declaration
- Deductions for qualifying relatives
- Deductions for medical expenses
- Dependent Care Credit for paid caregivers
- Payments (in some states) for caregiving work
- Public benefits available in your state



Find Top Quality Hospitals

Now you can get quality information on hospitals, nursing homes, home health agencies, and other facilities across the country. Our **Quality Care Finder** can help you find the right health care options for you and your loved ones.

See how facilities compare on things like health inspection reports, staffing data, patient satisfaction results and more. We use the most updated data available to make sure you're getting accurate information.



Help in Your Community from ADRCs



No matter your age or income, you can get help finding services & supports from an Aging & Disability Resources Center (ADRC).

ADRCs offer one-on-one counseling to help you find public and private resources and plan for future long-term care needs. ADRCs also help people with chronic conditions or disabilities avoid unnecessary nursing home and hospital admissions.

Get connected to the ADRC in your area with the Administration on Aging's [Eldercare Locator](#).

**Tell us what YOU care about.
Email caregiver_comments@cms.hhs.gov.**

Visit www.medicare.gov/caregivers for the latest news and broadcasts.