

# Caregiver Education Sessions by Phone\*

## Sessions are from 3 p.m. to 4 p.m. EST

Call toll-free **1-844-767-5679** and enter **Access Code 1893910**

Our telephonic sessions are designed to support anyone who is a caregiver. We offer resources and helpful information on the topics outlined below, as well as an opportunity to ask questions as time allows about your specific situation and listen to and learn from other caregivers.

Topic	Date
The Importance of Advanced Care Planning: It's a Family Affair	January 17, 2023
Hiring Professional Caregivers – What you Need to Know	February 21, 2023
Long-Distance Care: Offering Support from a Distance	March 21, 2023
Discharge Planning: Preparing for the Next Step	April 18, 2023
The Mind Matters: Pay Attention to Mental Health	May 16, 2023
Safety and Exploitation: When to Be Concerned and Who to Turn To	June 20, 2023
From Song to Scent: Complementary Therapies for Whole-Person Health	July 18, 2023
Actions Speak Loudly: Making Sense of Dementia Related Behaviors	August 15, 2023
Safely Supporting Independence with Technology	September 19, 2023
A Season of Joy: How to Approach the Holidays in New Ways	October 17, 2023
Understanding Medicaid and Medicare	*November 14, 2023
For Caregivers: Essential Support and Self-Care	December 19, 2023

**\* November Session has been scheduled on the 2<sup>nd</sup> Tuesday of the month.**

**\*\* Education topics are subject to change.**

UnitedHealthcare assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by UnitedHealthcare. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of UnitedHealthcare.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.