

2021 | Caregiver Education Sessions by Phone

Our telephonic sessions are designed to support anyone who is a caregiver of a friend or loved one. We offer resources and helpful information on the topics outlined below.

Topic*	Date
Staying Connected as a Caregiver Despite Physical Distance	January 19
Caring for Yourself When You are a Caregiver	February 16
Opioid Use for Pain Management	March 16
How to Have a Successful Family Caregiver Meeting	April 20
National Association of Mental Illness (NAMI) Presents: Depression and Anxiety Basics for Caregivers	May 18
A Caregiver's Guide to Home Safety	June 15
Understanding Care Options: When Your Loved One Needs More Care	July 20
Healthcare Directives: Power of Attorney for Health and Living Will	August 17
Dementia Care: Understanding Behaviors as a Form of Communication	September 21
Medicare and Medicaid Made Easy	October 19
Caregiver Duties: Unexpected Expectations	November 16
Living with Grief and Loss	December 21

*Education topics are subject to change.



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

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

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.