

The CMS Medicare-Medicaid Coordination Office (MMCO) is pleased to announce the following training opportunity:

Webinar: Supporting Family Caregivers of Older Adults through Times of Stress and Isolation

Date/Time: Thursday, April 30, 2020, 12:00pm – 1:30 pm EDT

Registration Link:

https://www.resourcesforintegratedcare.com/Older_Adults/2020_Webinar/Supporting_Family_Caregivers_Stress_and_Isolation

Over 34 million individuals in the United States provide unpaid care for an older adult,¹ including many individuals who are dually eligible for Medicare and Medicaid. Due to the emergency brought on by COVID-19, caregivers of older adults may be experiencing new challenges and uncertainty in their roles and others may newly be taking on caregiving responsibilities. The emotional, physical, and financial impact of caregiving can lead to caregivers experiencing stress, depression, anxiety, and other health problems.² Providers and health plan staff can play key roles in supporting caregivers, particularly during this time when caregivers may be experiencing increased stress and isolation.

This webinar will offer strategies for supporting caregivers and their loved ones, up-to-date information on facilitating access to health and social supports from which caregivers might benefit, and practical tips for addressing the specific needs of caregivers experiencing social isolation and stress-related conditions. Speakers will also include strategies that are relevant in virtual settings. By the end of this webinar, participants should be able to:

- Describe the challenges facing caregivers of older adults, particularly those challenges that may be present during the COVID-19 public health emergency
- Identify strategies for assessing and addressing caregivers' emotional health and the supports they may need to manage stress, isolation, and new responsibilities
- Describe practical tips for effectively linking family caregivers to support services provided by health care and community-based organizations (e.g., telehealth, online classes, and webinars)

Featured Speakers:

- Erin E. Emery-Tiburcio, Ph.D., ABPP, Co-Director of Rush Center for Excellence in Aging at Rush University Medical Center
- Kathy Kelly, Executive Director, Family Caregiver Alliance/National Center on Caregiving
- Bryan Godfrey, LCSW; Care Management Social Worker, UNC Geriatrics Specialty Clinic

Intended Audience:

This webinar is intended for a wide range of stakeholders, including frontline workers; staff at health plans, including Medicare-Medicaid Plans (MMPs), Dual Eligible Special Needs Plans (D-SNPs), and managed LTSS plans; and other health care and community-based organizations who are interested in strategies and programs for supporting caregivers of older adults.

¹ National Alliance for Caregiving and the AARP Public Policy Institute. (2015). *Caregiving in the U.S.* Retrieved from https://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf

² Family Caregiver Alliance. (2016). *Depression and Caregiving.* Retrieved from <https://www.caregiver.org/depression-and-caregiving>

Registration Information:

After clicking the registration link hosted on <https://www.resourcesforintegratedcare.com> and completing the registration form, you will receive an email from do_not_reply@on24event.com containing event log-on information. The email also contains an attachment that, when opened, will save the event log-on information to an Outlook calendar.

On the day of the live event, please use the web link to join the webinar. You can access the platform using a computer, smart phone, or tablet. The audio portion of the presentation will automatically stream through your computer/device speakers. Please make sure that the volume on your speakers is turned up. Phone dial-in information will also be available during the live event if you are unable to listen to the audio through the computer/device speakers.

For individuals that will be **away** from a computer, smart phone, or tablet on the day of the live webinar event, please email us at RIC@lewin.com to request dial-in information.

Resources for Integrated Care (RIC) develops and disseminates technical assistance and actionable tools for providers of beneficiaries dually eligible for Medicare and Medicaid based on successful innovations and care models. The RIC website features additional resources and tools for providers and health plans, available at <https://www.resourcesforintegratedcare.com>. RIC is supported by the CMS Medicare-Medicaid Coordination Office.

Please contact RIC@lewin.com or Gretchen.nye1@cms.hhs.gov with any questions.