

In April, Resources for Integrated Care (RIC) held a highly attended [webinar on supporting caregivers of older adults through times of stress and isolation](#). Due to continued interest in this topic, MMCO invites you to attend a panel discussion offering additional information in response to audience questions. We also encourage you to view the [recording of the April event](#), along with the accompanying [Resource Guide](#).

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

Date/Time: Thursday July 16, 3:00 – 4:00 pm EDT

Registration Link:

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

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. The emotional, physical, and financial impact of caregiving can lead caregivers to experience stress, depression, anxiety, and other health problems.² The COVID-19 emergency continues to raise additional challenges and uncertainties for caregivers of older adults. 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.

Topics discussed by the panel will include strategies for supporting caregivers of older adults with depression; assisting caregivers who live apart from their loved ones, including those in rural areas; addressing caregiver grief; and strategies for engaging caregivers virtually. By the end of this panel discussion, participants should be able to:

- Identify strategies for addressing depression and managing emotional health for caregivers and care recipients
- Identify strategies for caregivers and their loved ones to cope with the stress of uncertainty and transitions during this public health emergency
- Describe ways to identify community resources available for caregivers and their families

Featured speakers:

- Kathy Kelly, MPA; Executive Director, Family Caregiver Alliance
- Erin E. Emery-Tiburcio, PhD, ABPP; Associate Professor of Geriatric and Rehabilitation Psychology and Geriatric Medicine and Co-Director of the Center for Excellence in Aging Rush University Medical Center
- Bryan Godfrey, MA, MSW, LCSW; Care Management Social Worker, UNC Geriatrics Specialty Clinic

Intended Audience:

This panel discussion 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

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>

managed LTSS plans; and other health care and community-based organizations who are interested in strategies and programs for supporting caregivers of older adults.

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.

Viewing the Event:

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.

Due to high demand on technical platforms due to COVID-19, it is possible that some users may experience challenges in accessing the live event. If you experience difficulty logging in or for any reason are unable to attend, note that the event recording will be available to view “On-Demand” approximately 45 minutes after the conclusion of the event. You can access the “On-Demand” recording at any time by clicking the registration link. If you have questions for presenters ahead of the live event, please submit those through the registration form. If you have any questions after viewing the live or “On-Demand” event, please email us at RIC@lewin.com.

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.