



Caregiver education sessions by phone**

Sessions begin at 3 p.m. ET, 2 p.m. CT, 1 p.m. MT, 12 p.m. PT. Call toll-free **1-844-767-5679** and enter Access Code **1893910**.

Our phone sessions help support anyone who is a caregiver. We offer resources and information on the topics below and an opportunity to listen to and learn from other caregivers and ask questions as time permits.

Topic	Date
When caregiving ends – Moving forward	January 16, 2024
Caregiving – It’s not all the same	February 20, 2024
Emergency planning – A checklist for caregivers	March 19, 2024
Caregiving – The unique needs of caring for a child or young adult	April 16, 2024
Caregiver self-care – Prioritizing your needs	May 21, 2024
You are not alone – Caring for a loved one with dementia or Alzheimer’s	June 18, 2024
Advanced directives – A guide for caregivers	July 16, 2024
Helping your loved one age in place	August 20, 2024
Planning for long-term care – What you need to know	September 17, 2024
The importance of addressing social isolation	October 15, 2024
Understanding palliative care	November 12, 2024*
Benefits for those who served – Understanding VA benefits	December 17, 2024

* November session is on the second 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.

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