

# PROVIDER

# ALERT

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

More than 34 million individuals in the United States provide unpaid care for an older adult, including many 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. 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.

In April, Resources for Integrated Care (RIC) held a highly attended webinar on supporting caregivers of older adults through times of stress and isolation, located at [www.resourcesforintegratedcare.com/Older\\_Adults/2020\\_Webinar/Supporting\\_Family\\_Caregivers\\_Stress\\_and\\_Isolation](http://www.resourcesforintegratedcare.com/Older_Adults/2020_Webinar/Supporting_Family_Caregivers_Stress_and_Isolation). Due to continued interest in this topic, RIC 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 webinar, along with the accompanying Resource Guide by visiting: [www.resourcesforintegratedcare.com/sites/default/files/RIC\\_Caregiver\\_Stress\\_and\\_Isolation\\_Resource\\_Guide\\_0.pdf](http://www.resourcesforintegratedcare.com/sites/default/files/RIC_Caregiver_Stress_and_Isolation_Resource_Guide_0.pdf).

**Webinar air date:**

Thursday, July 16, 2020

**Time:**

3 – 4:00 p.m.

**For registration visit:**

<https://event.on24.com/wcc/r/2420003/73AB35A8ECC9663A4F6DB1F4DDC8D78A>

**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, Clinical Social Worker, UNC Geriatrics Clinic

This discussion is intended for a wide range of stakeholders, including frontline workers, health plans, (including Medicare-Medicaid Plans (MMPs) and Dual Eligible Special Needs Plans (D-SNPs), and other health care and community-based organizations.

**Topics 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
- Strategies for engaging caregivers virtually

**By the end of this 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.