

Telephonic Caregiver Education Sessions*

Sessions in English: 3 p.m. to 4 p.m. ET.

Call toll-free **1-800-230-1074** and say the Conference ID for the date you are attending.

Topic	Date	Conference ID
Home Safety Tips and Fall Prevention	Dec. 20, 2016	404060
Balancing Work and Caregiving	Jan. 17, 2017	404061
Legal Issues: Advanced Planning	Feb. 21, 2017	404062
I'm a Caregiver, Where Do I Start?	March 21, 2017	404063
Mindfulness for Caregiver Stress	April 18, 2017	404064
Challenges for Caregivers: Incontinence, Personal Hygiene, and Driving	May 16, 2017	404065
Alternative Therapies for Caregiver Stress	June 20, 2017	404066
Caring for Someone with Dementia	July 18, 2017	404067
Depression and Anxiety	Aug. 15, 2017	404068
Home Safety Tips and Fall Prevention	Sept. 19, 2017	404069
Senior Housing	Oct. 17, 2017	404070
Surviving the Holidays as a Caregiver	Nov. 21, 2017	404071
Veterans Benefits	Dec. 19, 2017	404072

Sessions in Spanish: 2 p.m. to 3 p.m. ET.

Call toll-free **1-800-230-1059** and say the Conference ID for the date you are attending.

Topic	Date	Conference ID
Home Safety Tips and Fall Prevention	Dec. 20, 2016	404053
Balancing Work and Caregiving	Jan. 17, 2017	404054
I'm a Caregiver, Where Do I Start?	March 21, 2017	404055
Challenges for Caregivers: Incontinence, Personal Hygiene, and Driving	May 16, 2017	404056
Caring for Someone with Dementia	July 18, 2017	404057
Home Safety Tips and Fall Prevention	Sept. 19, 2017	404069
Surviving the Holidays as a Caregiver	Nov. 21, 2017	404059

***Education topics are subject to change.**

Solutions for Caregivers 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 Solutions for Caregivers. 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 Solutions for Caregivers.

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.

UnitedHealthcare Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-814-6894 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-855-814-6894 (TTY: 711).