

What you need to know.

Solutions for Caregivers is designed to help provide the support caregivers need and help alleviate the emotional costs of caregiving. Our experienced nurses:

- Visit your loved one
- Provide an objective assessment of the situation
- Develop a care plan
- Discuss recommendations with the whole family

They can also help with decision making around alternative living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care.

Solutions for Caregivers can help you and your loved one so you can enjoy your time with them.

“ I felt totally lost. Not only did I not know where to go for answers, I didn't even know what the questions were. Solutions for Caregivers has been a lifesaver.”

— Jim, Solutions for Caregivers participant

The products and services described above are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the UnitedHealthcare grievance process.

Your children, other family members or friends may request these services on your behalf. 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.

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Solutions for Caregivers

Supporting caregivers with experienced care planning and coordination services.



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How to tell if you need extra help.

You may be overwhelmed by the decline you see in your parent's, friend's or spouse's health. You may worry whether they are safe alone, what happens if they fall and whether they are correctly taking their medications. If you answer "yes" to any one of the following statements, please call us today for help with the resources you need.

- I need help figuring out what help we really need and how to find the right community resources
- I'm not sure what services Medicare will pay for
- I need assistance finding an Elder Law attorney or care provider
- I worry that my loved one is not safe at home

You don't have to do it all by yourself.

Caring for a parent, spouse, friend or other family member can be a stressful and demanding full-time job.

Our services are designed to help:

- Alleviate stress and anxiety associated with caregiving
- Save caregivers money and time by finding the appropriate care resources
- Support the overall well-being of the person receiving care by helping to address physical, mental, social, emotional and safety concerns

Our resources are yours.

We offer services designed to help support you and your family, including:

- **On-site assessment.** A health and well-being overview created by a registered nurse
- **Care resource center.** Toll-free access to caregiver coaches and a list of local services such as meal delivery, transportation and housekeeping
- **Personalized care plan.** Helps address a person's needs, from home health services, cleaning, transportation and meal service, to creating opportunities for social activities and community involvement
- **Caregiver coaching.** Advocates for you that will monitor care, and offer advice and support to facilitate decision making
- **Coordination of services.** Coordinates community-based programs and services

“ Along with assessing my mother's health, Nurse Betty also provided suggestions for me as my mother's caregiver. This was very helpful. I received information on support groups to help with the stress ... I am very impressed with Solutions for Caregivers.”

— Susan, Solutions for Caregivers participant



Solutions for Caregivers can help.

Whether the individual you care for lives down the street or across the country, Solutions for Caregivers can help. We support caregivers and their families in all 50 states, with nationwide access to experienced home care aides, registered nurses, social workers, legal counsel and financial advisors. Our flexible array of services enables you to selectively choose the right solutions for your specific situation.

Call us today.

If you or someone you know needs caregiving support, please call toll-free:



1-866-896-1895, TTY 711

24 hours a day, 7 days a week