



# Involving and Supporting Family Caregivers in Care Planning and Delivery

## *Continuing Education (CE) Activity Information & Instructions* (Enduring Activity #: WE-E09142017-MMCO)

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## Activity Information

### Activity Description

Family caregivers are an integral part of the care planning process and care experience for older adults. Over half of family caregivers assist with at least one activity of daily living, and are increasingly being tasked with managing difficult medical procedures and equipment, overseeing medications, monitoring side effects, and navigating complex health and long-term services and supports (LTSS) systems. Often, they are providing these services without training, needed information, or support.

Family caregivers can experience detrimental effects associated with the role, including exhaustion, isolation, and financial hardship. To counteract these impacts, effective family caregiver interventions are delivered over longer periods of time, are multi-dimensional, and tailored to the needs of caregivers and care recipients. This webinar provides concrete recommendations for health plans and providers on how to best identify, assess, support and engage family caregivers while respecting diverse cultural views.

Please click below to access the recorded webinar:

[https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2017\\_GCC\\_Webinar\\_Series/Caregivers](https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2017_GCC_Webinar_Series/Caregivers).

### Target Audience

This activity is designed for all health care professionals.

### Learning Objective

By the end of this activity, participants should be able to:

- Identify effective approaches for including family caregivers in the care planning process
- Define key strategies for assessing caregiver needs for support, education, and skill training
- Identify basic knowledge of how to provide assistance for common care challenges and provide guidance around the varying roles of caregivers, such as care coordinator, direct care provider, and long-distance support

### Participation

Watch the recorded webinar linked to in the *Activity Description* section of this document, and access and complete the assessment and evaluation, per the *Instructions for Continuing Education Credit*, at the end of this document.

### Speaker Bios & Disclosures (alphabetical by last name)

No one in a position to control the content of this activity has anything to disclose. All planners and developers of this activity have signed a disclosure statement indicating any relevant financial interests. This activity was developed without commercial support.

**Allison Dobecka, NP, ANP-C, RN, presenter**, has been employed as a Nurse Practitioner with the Geriatric House Calls Team at Baylor College of Medicine in Houston, Texas since August 2014. She worked for a private company in the same capacity in Dallas the year before joining Baylor. Prior to this, she was Registered Nurse at St Luke's Health System in Houston for seven and a

half years. She teaches geriatric medicine with a focus on care in the home to medical and nurse practitioner students, residents, and fellows.

Ms. Dobecka earned her Master of Science degree in Nursing, with an emphasis on Adult Primary Care and an Adult Nurse Practitioner Graduate Certificate (ANP-C) from Texas Women's University in Houston, Texas.

**Anita Major, MD, presenter,** has been employed as the Director of the Geriatric House Call Program at Baylor College of Medicine since January 2010. Dr. Major is a Clinician Educator both in the classroom and at the patient's bedside. She has experience teaching both medical students and interprofessional education for nursing, pharmacy, and social work students. Dr. Major's clinical work focuses on homebound and frail elders, so her relationship with and understanding of the patient-caregiver dyad in practice is extensive.

Dr. Major earned a Doctor of Medicine degree from Baylor University's College of Medicine.

**Tziona Regev, MSW, LCSW, presenter,** has been employed as a Geriatric Social Worker for Harris Health, a Medicare-approved county hospital, since May 1996. She specializes in gerontology and has extensive case management and consultation skills. Her experience includes working in geriatric clinical care, program development for the elderly, interdisciplinary collaboration and network development, and education on geriatric content. Ms. Regev has been working with local and State agencies, non-profit healthcare providers, universities and educational systems, and faith-based organizations. She also delivers services to older adults and other age groups coping with a range of disabilities.

Ms. Regev earned a Master of Social Work degree and Licensed Clinical Social Worker (LCSW) credentials from Harris Health.

**Gregg Warshaw, MD, planner/developer,** is an Academic Family Physician/Geriatrician. He is an advocate for improving the training of physicians and other professionals to care for older adults. Dr. Warshaw is a Clinical Professor of Family and Geriatric Medicine at the University of North Carolina - Chapel Hill. Dr. Warshaw was previously the Director of the Geriatric Medicine Program at the University of Cincinnati (UC) College of Medicine from 1987 through 2015. He joined the UC faculty after four years as an Assistant Professor and Director of the Geriatric Medicine Program in the Department of Community and Family Medicine at Duke University.

Dr. Warshaw's academic interests include geriatric medicine education, preventive health care for the older adult, the clinical care of Alzheimer's disease, and the long-term care and acute care interface. He directed the American Geriatrics Society (AGS) and the Association of Directors of Geriatric Academic Programs (ADGAP) Geriatric Medicine Physician Workforce Study from 2001 through 2012. Dr. Warshaw has authored more than 100 articles and book chapters related to geriatric medicine and gerontology. He has regularly served as an Advisor to Federal agencies, foundations, and professional organizations. He has given numerous lectures and presentations related to aging. He is an Editor of the 6th edition of the popular geriatric medicine textbook, "Primary Care Geriatrics."

Dr. Warshaw earned a Doctor of Medicine degree from the University of Michigan.

**Nancy L. Wilson, MA, planner/developer**, is a Gerontological Social Worker with over 40 years of experience in care for older people and families. Ms. Wilson is currently an Associate Professor of Medicine and Geriatrics for the Baylor College of Medicine. She has extensive teaching and training experience and over 30 years of employment with the medical school. Ms. Wilson helped plan and develop the continuing education materials for this webinar. Her experience also includes working on over 20 webinars and training events.

Ms. Wilson earned a Master of Arts degree in Social Service Administration from the University of Chicago.

## ***Continuing Education Credit Information***

### ***Continuing Education Credit***

#### **International Association for Continuing Education and Training (IACET)**

The Centers for Medicare & Medicaid Services (CMS) is authorized by IACET to offer 0.1 Continuing Education Unit (CEU) for this activity. CEU will be awarded to participants who meet all criteria for successful completion of this educational activity. CEU credit for this course expires at midnight on September 14, 2019.

### ***Accreditation Statements***

[Please click here for accreditation statements.](#)

## ***Instructions for Continuing Education Credit***

The Medicare Learning Network® (MLN) recently upgraded its Learning Management System (LMS).

If you were already registered in the former MLN Learning Management System (LMS), you do not need to create a new login or password. However, the appearance of the system and instructions for registering, logging-in, accessing courses, and obtaining certificate information have all changed.

For more information on the new LMS, please visit <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/LMPOS-FAQs-Booklet-ICN909182.pdf>.

### ***Learning Management System (LMS) Instructions***

In order to receive continuing education credit for this enduring activity, you must pass the session post-assessment and complete the evaluation. The continuing education post-assessments and evaluations are being administered through the Medicare Learning Network®.

**The post-assessment will be available on the Medicare Learning Network® (MLN) Learning Management System (LMS). Participants will need to login or register, to access the post-assessment.**

## Registering To Take a Post-Assessment

If you have previously taken Medicare Learning Network® (MLN) web-based training (WBT) courses, you may use the login ID and password you created for those courses. If you are a new user, you will need to register.

### To register (if you do NOT have an account):

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Click on “Create Account”
3. Enter information for all the required fields (with the red asterisks) and click “Create”

**\*NOTE:** When you get to the ‘Organization’ field, click on Select. From the ‘Select Organizations’ screen, leave the ‘Find Organization’ field blank and click Search. Select ‘CMS-MLN Learners Domain - Organization’ and click Save.

Please add [MLN@cms.hhs.gov](mailto:MLN@cms.hhs.gov) to your address book to prevent MLN communication from going into your spam folder.

### To login (if you already have an account):

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Enter your login ID and password and click on “Log In”

### Finding the Post-Assessment:

1. Go to the LMS Homepage <https://learner.mlnlms.com>
2. Enter your login ID and password and click on “Log In”
3. Click on “Training Catalog” in the menu beneath the MLN logo
4. Enter “**Involving and Supporting Family Caregivers in Care Planning and Delivery**” in the “search for” box and click “search”
5. Click on the title
6. Click “Enroll”
7. Click “Access Item”
8. Scroll down on the page and click on the link titled “Post-Assessment”
9. Click “Open Item”
10. A new window will open. Click “Post-Assessment” in this new window for it to display
11. Complete the assessment and click “close”
12. Click the grey and white “x” in the upper right-hand corner to close the window
13. Click “OK” when prompted about closing the window

## Accessing Your Transcript and Certificate

To complete the course and get your certificate, you must complete the course evaluation. [Please click here for instructions for completing the evaluation and accessing your transcript and certificate.](#)

For questions regarding continuing education credit contact [CMSCE@cms.hhs.gov](mailto:CMSCE@cms.hhs.gov) via email.

## Hardware/Software Requirements

[Please click here for hardware and software requirements.](#)

## ***CMS Privacy Policy***

[Please click here for CMS' Privacy Policy.](#)

## ***Help***

For questions regarding the content of this activity, or technical assistance with the Medicare Learning Network® (MLN) Learning Management System (LMS), your assessment, or certificate, contact CMSCE at [CMSCE@cms.hhs.gov](mailto:CMSCE@cms.hhs.gov) via email.

