

Medicare's Coverage of Mental Health

Original Medicare is made up of Part A (hospital insurance) and Part B (medical insurance), and includes certain coverage for mental health care when the care comes from a Medicare-assigned health-care provider. Annual depression screenings are free if you get them from a Medicare-assigned health-care provider.

Medicare Part A covers hospital inpatient mental health care, including room, meals, nursing, and other related services and supplies. This care can be received in a general hospital or a psychiatric hospital. Medicare has a lifetime limit of 190 days of inpatient care in a psychiatric hospital. Medicare uses benefit periods for hospital coverage. A benefit period begins the day you're admitted as a hospital inpatient, and ends when 60 days in a row have passed since you have received inpatient care.

Medicare Part B covers mental health services usually given outside a hospital, including visits with health professionals such as doctors, clinical psychologists, and clinical social workers. Some of the other mental health services that Medicare Part B may cover include, but aren't limited to:

- Annual depression screenings
- Psychiatric evaluation
- Certain diagnostic tests your provider orders
- Partial hospitalization (a structured program of outpatient psychiatric services as an alternative to inpatient mental health care)
- Individual and group psychotherapy by licensed professionals permitted by the state where therapy takes place
- Medication management
- Family counseling as part of your treatment

For more information, contact our SHIP counselors at 435-673-3548.



Involved Aging: News and Announcements

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Communicating with your Care Receiver

Sometimes, as caregivers, it is hard to communicate when we feel we can't get a word in edgewise. Although we typically jump to memory problems when someone seems to be repeating things a lot, that is not always the case. Sometimes, they might just be bored or lonely. Most of the time, our care receivers just need to feel heard and validated.

To effectively communicate, it is just as important to listen as it is to speak. Often, we listen to reply rather than listen to understand. By listening to understand what our care receiver is saying, we are better able to recognize their needs. Feelings, both emotional and physical, are often held just under the surface. By being patient, whether you follow their conversation or redirect it, you are more likely to get to the source of behaviors and actions.

Remember, as we age, we just can't process information like we used to, so it might take a little more time to effectively communicate. When that happens, it is important to stay calm. Your care receiver will pick up on your frustration, even if not your words are kind. This will likely lead them to get frustrated or agitated and even less able to communicate.

Caregiving is not about speed. Quality is usually preferred by a care receiver over quantity. Learn to plan extra time for simple conversations. Value and celebrate discussions instead of considering them tasks to mark off your to do list.

Caregiver Groups

Cedar City Bring Your Own Lunch and Learn with Heather Cox

2nd Tuesday of each month noon-2:00pm 585 N Main St Cedar City

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver” — Rosalyn Carter. We welcome all four kinds of people to bring your lunch and join us for Cedar City Lunch and Learn monthly caregiver support group. On **March 10th, come learn about the stages of dementia and what to expect** For more information, contact Heather at 435-865-7314 or hcox@fivecounty.utah.gov.

Kanab Senior Center Caregiver Support Group with Nancy Morrill

2nd Wednesday of each month 12:30-1:30pm Kanab Senior Center 172 E 100 N Kanab

Join Nancy Morrill as she facilitates The Caregiver Academy, a six week skill development program for family caregivers. The series continues on **March 11th with session three: Setting Good Care Boundaries**. Explore techniques for redirecting and renegotiating for a sense of security and control.

For more information contact Nancy at 435-673-3548 or nmorrill@fivecounty.utah.gov.

There is no cost and no RSVP required.

ST. GEORGE ACTIVE LIFE CENTER
245 NORTH 200 WEST, ST. GEORGE, UT

The 11th Annual
HEALTH EXPO

Friday
MARCH 27, 2020
9 AM - 1 PM

*Booths
*BBQ Lunch
*Free Health Screenings
*Prize Drawings
*Silent Auction

Sponsored by
RICHENS EYE CENTER

To rent a booth at the expo, please contact Jeanie at 435-634-5743.

It's March and that means it's time for the St. George Active Life Center's annual Health Expo!

The theme this year is 2020 Vision of Health. There will be a plethora of booths providing information and health screenings to help make sure you're in tip-top shape.

Plan to stay for lunch as they'll be dragging out the big grill and cooking up some hamburgers, served with sides and a dessert.

We hope to see you there!

Upcoming Events

Wednesday, March 4th 9am-5pm:

Dementia Dialogues

Five County Office Building

Cedar City, Utah

Thursday, March 5th 9:30am-11:30am:

Every Thursday for 7 weeks

Stepping On-St. George

Held at Sterling Court Assisted Living

March 23, 24, 30, 31 9am-5pm:

Chronic Disease Self Management Program Leader Training

Five County Office Building

St. George, Utah

Caregiver Academy

-St. George: April 6th-May 11th

Every Monday from 10am-11:30am

-Cedar City: May 6th-June 10th

Every Wednesday from 1pm-3pm

The Tip Jar

Recent studies show that loneliness and isolation are leading contributors to decline, both mentally and physically. Socialization services have been shown to be critical in enabling seniors to remain in their own homes for as long as possible. Attending a congregate meal at your local senior center or volunteering in your community can be a great way to stay healthy!

Chronic Disease Self Management Program Leader Training

We are looking for volunteers who can attend 32 hours of training and be trained as facilitators for Chronic Disease Self Management courses. Volunteers must be:

- 55 or older
- Able to lead 6 full workshop sessions (2.5 hours per session)

If you are ready to be involved, we are ready to train you to teach other seniors in our community.

For more information, contact Maria: 435-673-3548.