

Things to know when caring for someone else

What is a caregiver? Who can be one?

Someone – a family member, friend or neighbor – who gives care to another person.

As a caregiver, you might help with things like:



Chores around the house



Grocery shopping



Cooking



Personal (bathing or grooming)



Managing health conditions (rides to doctors or taking medicine correctly)

Helpful tips for caregivers:



Take time to take care of yourself



Make plans, but be flexible if a member's needs change



Ask your health plan what mental health benefits and support are available

Go to [MolinaCaregiving.com](https://www.molina.org/caregiving) for information just for you, including:



A helpful caregiving video



Local resources to help you find balance



A checklist



Caregiving forms



Caregiver-specific support or benefits from Molina*

Molina cannot talk to a caregiver about the member's health without approval. Find the protected health information (PHI) form online at [MolinaCaregiving.com](https://www.molina.org/caregiving.com).

**Not available on all Molina health plans*

Remember, you're not alone! If you have questions, we can help you! You can talk to a member's case manager or give us a call.



Is it time for some help at home?

It might be time for a caregiver.

How can a caregiver help? A caregiver offers basic support and helps you stay safe and healthy at home. Every person's needs are different.

You might need a caregiver to help you when you have:



An unplanned health event
(accident, unexpected
medical issue)



A planned health event
(short-term help, recovering
from a surgery or treatment)



Long-term
needs (aging
safely in place)

How can you get extra help?

For dual-eligible members, some Medicaid plans might offer payment through Personal Care Services (PCS) to caregivers who are friends or family, except for spouses. Check your Summary of Benefits, talk to your case manager or call us at the number on your member ID card if you have questions or to learn more.

Resources

Molina provides caregivers with tools and resources. Go to **MolinaCaregiving.com** for caregiving information **just for you**, including:



Resources and a
video for members
and caregivers



Forms you can download
to give your caregiver
approval to talk to us

You can get this document for free in non-English language(s) or other formats, such as large print, braille, or audio. Call (800) 665-0898, (TTY: 711). The call is free.

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We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at (800) 665-0898, (TTY: 711). Someone who speaks English can help you. This is a free service.

Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al (800) 665-0898, (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.