



LifeSmarts U - Day 3 - Medicare for Caregivers

Lesson Description:

This lesson dives into the intricacies of Medicare, tailored for young adults stepping into caregiving roles for elderly family members. We'll explore the framework of Medicare, including its different parts (A, B, C, D), eligibility, and enrollment procedures, offering a comprehensive understanding of how it supports healthcare needs. Additionally, we'll touch on the critical aspects of Medicare Advantage, prescription drug coverage, and supplementary insurance (Medigap), preparing students to navigate the Medicare system effectively for their loved ones.

Lesson Objective:

The goal is to equip students with the knowledge and skills necessary to manage Medicare for those in their care. By the end of this lesson, participants will understand the structure and benefits of Medicare, the importance of timely enrollment, and how to make informed decisions about coverage options. Students will also learn about the resources available for assistance and support, enabling them to provide well-informed healthcare guidance and advocacy for their family members.

Materials:

- Video - "What Caregivers Need to Know" <https://www.youtube.com/watch?v=M0AeyYhinG0>
- Vocabulary List (**Print for Reference**)
- Presentation w/ Speaker Notes (available in Powerpoint and Google Slides formats)
- Activity - "Crossword: Terms/Definitions to Know" (**Print Worksheet**)
- Activity - "Caregiving Budget Exercise" (**Print Worksheet**)
- Activity - Quizlet: Healthcare Vocabulary Recap
- Exit Ticket/Reflection - "My Biggest Takeaway" (**Print Worksheet**)
- More to Know - "Caregivers - Things to Consider" (**Optional - Enrichment Handout**)

Steps:

1. Begin by watching the short news segment "What Caregivers Need to Know."
2. Proceed with the Powerpoint/Google Slide presentation where we unravel Medicare's complexities, focusing on caregivers' roles, to ensure our elderly loved ones receive the best possible healthcare coverage.
3. Review the Vocabulary list for any terms students might not know.
4. Have students complete the crossword puzzle to ensure their understanding of important Medicare-related terms and definitions.
5. Dive into the Caregiving Budget Exercise to explore the intricate balance of managing healthcare costs on a fixed income, focusing on Medicare's impact and strategizing financial planning for caregiving scenarios.
6. Use our Quizlet stack of flashcards to test/review important healthcare terminology.
7. Have students complete the final Exit Ticket/Reflection by sharing the most significant lesson they've learned about health insurance and caregiving.
8. (Optional) Review the enrichment handout "Caregivers - Things to Consider."

