

What behavioral health services does Medicare cover?

Medicare Part A covers inpatient mental health services that you receive in either a psychiatric hospital (a hospital or distinct unit in a hospital that only treats mental health patients) or a general hospital. If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. General and psychiatric hospitals have the same out-of-pocket costs. If you have a Medicare Advantage Plan, contact your plan to find in-network hospitals and learn about costs.

Medicare Part B covers outpatient mental health services, such as:

- Activity therapies such as art therapy
- Partial hospitalization programs
- Annual depression screenings.

In order for Original Medicare to cover these services, it is important to see a provider who is Medicare-certified and takes assignment (accepts Medicare's approved amount as payment in full for services you receive). Ask your provider if they take assignment.

If you have Original Medicare, you will pay a 20% coinsurance after meeting your Part B deductible. If you have a Medicare Advantage Plan, contact your plan to find in-network providers and learn about costs.

Medicare Part D covers drugs for mental health treatment. Each Part D plan has a list of covered drugs, called a formulary. You should check before joining a plan to ensure any drugs you need are on that plan's formulary. If your drug is not on formulary, you may have to request an exception, pay out of pocket, or file an appeal to ask your plan to cover the drug.

Medicare covers treatments for alcoholism and substance use disorder in both inpatient and outpatient settings if you meet three requirements:

1. Your provider must state that the services are medically necessary.
2. You must receive services from a Medicare-approved provider or facility.
3. Your provider must set up your plan of care.

Part A should cover your care if you are hospitalized and need substance use disorder treatment. Part B should cover outpatient substance use disorder treatment you receive from a clinic, hospital outpatient department, or opioid treatment program (also called methadone clinics). Some of these treatments can be provided with telehealth.



Involved Aging: News and Announcements

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Take Care of Yourself in the New Year!

As we embark on a New Year, we want to remind each of you of the importance of taking care of yourself. Self care isn't always about having a spa day or treating yourself. Here are two great self care techniques that don't cost a penny and don't have to take a lot of time.

- **Deep breathing:** we teach this to our caregivers and we use it ourselves! Focus on a word or phrase that makes you feel calm, then take a deep breath in while you count to four. Pause. Then count to four again while you exhale slowly. Feel a little less stressed? It works and you can do it anywhere. We have a couple breathing videos on our YouTube Channel (search AAA Five County on www.youtube.com).
- **Meditation:** several types of meditation have been shown to be helpful for stress. You can try different kinds and find what works for you: guided meditation, using a mantra, transcendental meditation, Tai Chi, yoga, even something as simple as prayer or focusing on things you're grateful for. The key elements are relaxed breathing, focused attention, and being in a quiet space.

For more discussion on these and other techniques, connect with us online:

- <https://www.areaagencyonagingfivecounty.org/>
- <https://www.facebook.com/AgingFiveCountyUtah/>
- <https://www.facebook.com/groups/aaa5countycaregiversupport>
- https://www.pinterest.com/fivecountyaging/_created/
- Search AAA-Five County on <https://www.youtube.com/>

Looking to Get Involved This Year? Join Our Team as a Volunteer!

“Are there benefits to volunteering?” The answer is **YES!** Seniors have a long history of setting examples for all to follow by serving our friends and neighbors. You are older, wiser – and you are needed! Make a difference in your life and in the lives of those you serve! Get Involved today!

We have all heard that lack of physical activity, depression, and social isolation are often associated with older adults, and can contribute to a variety of negative health outcomes. However, a study by AmeriCorps Seniors found that after two years of volunteering, participants had notable improvements:

- ✓ **62%** reported their health was stable, and **32%** improved over a two-year period
- ✓ **78%** of the volunteers reported fewer symptoms of depression
- ✓ **88%** reported decreased feelings of isolation

At AAA-Five County, we offer a wide variety of volunteer opportunities:

- **Foster Grandparent Program:** Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for volunteers age 55 and over to stay active by serving children and youth in their communities.
- **Senior Companion Program:** Senior Companions are volunteers 55 and over who provide assistance and friendship to seniors who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep seniors independent longer, and provide respite to family caregivers.
- **Retired and Senior Volunteer Program (RSVP):** RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you’ve learned over the years, or develop new ones while serving in a variety of volunteer activities in your community.

We do our best to place volunteers in the role that is the best fit for them, and we strive to make each of our volunteers feel valued and important. We always want our volunteers to know how important they are to our team and to feel that the work they are doing is important to them as individuals as well. If you are interested in experiencing for your self the perks of being a part of our team, contact us at 435-673-3548 and ask about our volunteer opportunities or visit our website for more: <https://www.areaagencyonagingfivecounty.org/get-involved>.

Winter Safety - Falls Prevention

1. Be aware of your surroundings- scan ahead for hazards.
2. Use mobility devices, ie: cane, walking sticks, etc.
3. Use sunglasses to reduce glare from snow and rain.
4. Wear appropriate clothing and footwear.
5. Be aware of bringing in wet debris into your home making floors slippery.
6. Try not to go out alone, take your cell phone and at night take a flashlight.
7. Be careful getting in and out of your vehicle.
8. Keep driveways and walkways clear.



<https://www.ncoa.org/article/falls-prevention-is-a-team-effort>

Falling is NOT a normal part of aging. However, falls remain a leading cause of injury for people aged 65 and older. Falls threaten older adults’ safety and independence and generate enormous economic and personal costs. However, through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among older adults can be substantially reduced. With the winter months comes an increased chance of falls. When it is cold, wet, and icy there are precautions that can be taken to increase safety. We hope this list will help you to avoid falls this winter season to keep you healthy and independent as long as possible. For more, join one of our evidence-based fall prevention programs that educate and assist with fall prevention.

Contact us at 435-673-3548 X103 for upcoming classes and information.