A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Caregivers As Partners in Care Teams



Presentation Overview

Caregivers As Partners in Care Teams (CAP-CT) is a national training program that provides health care teams with the skills and confidence to include family caregivers in a patient's care journey. Through training and practical resources, health care teams can learn to identify, engage and support caregivers, leading to better care for both patients and their caregivers. Millions of family caregivers provide essential, yet often unrecognized, support. CAP-CT enhances caregivers' engagement in care by training health care teams to actively include them. With CAP-CT, health care teams can navigate patient care with greater confidence.

Engaging family caregivers provides:

- Valuable context — Caregivers can provide insights about a patient's daily life, ultimately streamlining the care process.
- Better experience — Sharing patient information with caregivers leads to higher patient and caregiver satisfaction.
- Greater satisfaction — When caregivers feel prepared, they are more likely to report less stress and depression and a better quality of life for themselves.
- Reduced risk — Having an engaged caregiver reduces the risk of hospital readmission after an acute illness.

At the end of the program, attendees should be able to:

- Describe the benefits of caregiver engagement in primary care.
- Identify members of a patient's caregiving team.
- Demonstrate how to include caregivers as an integral part of your health care team.
- Review strategies that promote caregivers' well-being and their ability to support your patients.
- Utilize motivational interviewing skills to engage patients and caregivers.

1.5 CME and CE Credits Offered

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EVENT INFORMATION

When:
Wednesday,
February 11, 2026

Time:
Noon–1:30 p.m.

Where:
Zoom webinar

For questions, please email continuingeducation@caloptima.org.

Please RSVP through the link or QR code below:

http://bit.ly/3Y6pYp4

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please email continuingeducation@caloptima.org at least two weeks before the meeting date.

Guest Speaker:

Sonia Sehgal, M.D.



Sonia Sehgal, M.D., is a clinical professor in the University of California, Irvine's (UCI) Department of Internal Medicine and recently been appointed to Chief of the Division of Geriatric Medicine and Gerontology, and she holds the Archstone Chair in Geriatric Medicine. She serves as medical director of UCI Health's Senior Health Center. Dr. Sehgal is a board-certified internist and geriatrician at UCI Health, specializing in the care and treatment of older adults. She is a leader at UCI School of Medicine, where she serves as the director of the Geriatric Medicine Fellowship and as a Dean's Scholar.

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the University of California, Irvine School of Medicine and CalOptima. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hour(s).

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0

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AGENDA:

Noon: Welcome/ Introduction — Rocio Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

12:05 p.m.: Guest Speaker — Sonia Sehgal, M.D., Clinical Professor, UCI Department of Internal Medicine and Chief of the Division of Geriatric Medicine and Gerontology.

1:15-1:30 p.m.: Closing — Rocio Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

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