Guiding an Improved Dementia Experience (GUIDE) Model

INFORMATION FOR PATIENTS & CAREGIVERS

Your doctor or care team may be participating in a new program called GUIDE. This Medicare program provides enhanced services for dementia care and support for caregivers. Your Medicare benefits stay the same – you can still see any doctor or hospital that accepts Medicare.

What are the program's goals?

- Improve the quality of life for people living with dementia
- Enhance support for caregivers of people living with dementia
- Help people living with dementia stay in their homes and communities longer

Find a GUIDE doctor or care team on the **GUIDE website** and contact them to see if you are eligible.

What can you expect?

- ✓ **Comprehensive Assessment & Care Plan**: Get an **assessment** to identify your individual health needs and build a personalized **care plan** tailored to provide the services you need.
- ✓ **Caregiver Support**: Caregivers (relatives or unpaid nonrelatives who help with daily activities) can receive **education and support** such as direct communication with a care navigator when they need it.
- ✓ **GUIDE Respite Services**: **Respite services** are available to qualifying caregivers up to an annual cap, giving caregivers temporary relief when they need a break. Support comes from local in-home respite providers, adult day centers, and 24-hour care facilities.
- ✓ **Coordination & Support**: Get connected to **community-based services** like meals and transportation. Care teams will also work together to **coordinate** clinical and support services.
- ✓ **Care Navigation & 24/7 Access**: **A care navigator** helps coordinate your care and you get **24/7 access** to a care team member or helpline when you have questions or need support.

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How is GUIDE different?

Mildred is an 86-year-old woman living alone with **moderate dementia**. She has regular appointments with her primary care doctor, dentist, and optometrist, and gets her medications from a local pharmacist. Her **caregiver**, Anne, is her 35-year-old granddaughter who visits daily to help with housekeeping and personal care tasks. Anne is a mom with a full-time job.

Challenges before GUIDE

- Mildred was experiencing worsening symptoms related to her dementia.
- Her primary care doctor wasn't equipped to treat her dementia.
- She needed help getting to appointments and taking medications.
- Anne was overwhelmed with coordinating all of Mildred's care and needed a break, but didn't know where to find help and knew that a nursing home was too costly.

Help & support from GUIDE

- Mildred learns about GUIDE from her doctor and starts working with an **interdisciplinary care team.**
- Mildred's **care navigator** connects her to transportation services.
- Anne gets **caregiver training** to cope with Mildred's symptoms and her own stress.
- Anne receives **GUIDE Respite Services** when she needs time to take a break to take care of herself.

What are the next steps?

Step 1: Check your eligibility. You or someone you know may qualify if the following apply:

- ❖ Referral from a doctor that you have dementia, confirmed by a GUIDE doctor.
- ❖ Medicare is your primary insurance, including enrollment in Medicare Parts A and B.
- ❖ Not enrolled in the Medicare hospice benefit or Program of All-Inclusive Care for the Elderly (PACE).
- ❖ Not living in a long-term nursing home.

Step 2: Find a provider. Contact a GUIDE doctor or care team to schedule a comprehensive assessment. Assessments can be done in person or virtually, based on your preference.

- ❖ GUIDE is completely **voluntary** – you can stop at any time, and your regular Medicare benefits continue as usual. You can still see any doctor or hospital that accepts Medicare.

Step 3: Start GUIDE. Your GUIDE doctor or care team will submit your information to Medicare to confirm your eligibility. Your GUIDE doctor or care team will notify you if you are officially enrolled. Begin receiving GUIDE program support, including:

- ❖ 24/7 contact with a care navigator who helps you coordinate your care and connect you with local community resources
- ❖ Caregivers get personalized training in dementia care and respite, if eligible