

# Guiding an Improved Dementia Experience (GUIDE) Model

## Information for Patients & Caregivers



### What is GUIDE?

Your doctor or care team may be participating in a new program called GUIDE. This program offers enhanced services for dementia care and support for caregivers (a relative or unpaid nonrelative who helps with activities of daily living). The goals of GUIDE are to:



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

### Services for people living with dementia & their caregivers



#### Comprehensive Assessment & Care Plan

Get an **assessment** to identify your individual health needs and to build a **care plan** that is tailored to provide the services you need.



#### Caregiver Support

A relative or unpaid nonrelative who helps as a caregiver can **receive education** and **support** such as direct communication with a care navigator when they need it.



#### GUIDE Respite Services

**GUIDE Respite Services** can be provided, up to an annual cap, so caregivers may take a break when they need to. Support comes from local in-home respite providers, adult day centers and nursing homes.



#### Coordination & Support

Get connected to **community-based services** like meals and transportation. Care teams will also work together to **coordinate** clinical and support services.



#### 24/7 Access

**Care navigators** help you get care and **24/7 access** to a care team member or helpline to ask questions or get support.



Services customized to individual needs and goals



Care that respects individual backgrounds and values



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## How to access GUIDE services & supports

### Signing up for GUIDE



Learn about GUIDE or be identified as a potentially eligible patient.



Visit with a doctor or care team participating in GUIDE and get a comprehensive assessment of your health needs.



At the end of the visit, a doctor or a care team member will submit a form to CMS. If you're eligible for GUIDE\*, you'll get more information about next steps from the care team.

### Questions?

Find a participating dementia care program on our [website](#), or email the GUIDE Model team at [GUIDEModelTeam@cms.hhs.gov](mailto:GUIDEModelTeam@cms.hhs.gov)

\* Patients must be enrolled in Original Medicare Parts A and B and meet other eligibility requirements. Patients are always free to see any doctor or hospital that accepts Medicare.

## Example of how the GUIDE program can help

Below is an example scenario of what you or someone you know could experience before and after GUIDE.

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 burnt out as a caregiver and wanted to find Mildred a nursing home, but it 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.
- Mildred receives **GUIDE Respite Services**, allowing Anne to take a break.

[AristaHC.com](http://AristaHC.com) 419-754-1897



### Model Contact information and resources

Email: [GUIDEModelTeam@cms.hhs.gov](mailto:GUIDEModelTeam@cms.hhs.gov)

Webpage: <https://innovation.cms.gov/innovation-models/guide>