Guiding an Improved Dementia Experience (GUIDE) Model

Transitions LifeCare®

What is GUIDE?

Your doctor or care team may be participating in a 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 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.



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.

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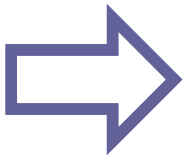
Example of how the GUIDE program can help

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.

How to access GUIDE services & supports



Transitions LifeCare
CALL 919-828-0890
SUPPORT transitionslifecare.org/dementia