

# The **GUIDE** Program – A Program to Help People with Dementia and their Families

Guide stands for Guiding an Improved Dementia Experience.

## **What is GUIDE?**

GUIDE is a Medicare program to help people with dementia live better lives. It is designed to help them get the care they need and to help support their families. A CU Medicine GUIDE Dementia Care Navigator contacts patients and a family caregiver. The Care Navigator answer questions about dementia and helps people connect with helpful resources.

## **Who can join GUIDE?**

People with dementia can join GUIDE if they have traditional Medicare insurance (not Medicare Advantage) and live at home or an assisted living facility. A family caregiver can also be part of the program.

## **How does GUIDE work?**

GUIDE helps in the following ways:

- **Regular Check-ins:** A trained Care Navigator will call regularly to discuss any changes or challenges and help you brainstorm next steps. This is in addition to your usual doctor visits.
- **Care Plans:** We help create a personalized plan for your care.
- **Medication Review:** We will check your medicines to make sure they are right for you.
- **Community Resources:** We help you find and navigate services and support in your community.
- **Caregiver Support:** We provide support and education for family caregivers, tailoring resources to your situation and setting small manageable goals.
- **Home Safety Checks:** We can arrange a home visit to make sure it is safe.
- **Respite Care:** Sometimes caregivers need a break. We can help arrange for someone to be with you.

## **How do I sign up?**

To see if you or someone you know is eligible for GUIDE, call 303-724-3141. The CU Medicine GUIDE team will ask questions and review eligibility to get started.

### **GUIDE Care Team**

Geriatric Medicine Doctor  
Dementia Care Navigators  
Social Workers  
Pharmacists  
Behavioral Health Clinicians

### **Questions? Contact Us**

GUIDE Program  
Ph: 303.724.3141  
[dementia.care@cuanschutz.edu](mailto:dementia.care@cuanschutz.edu)

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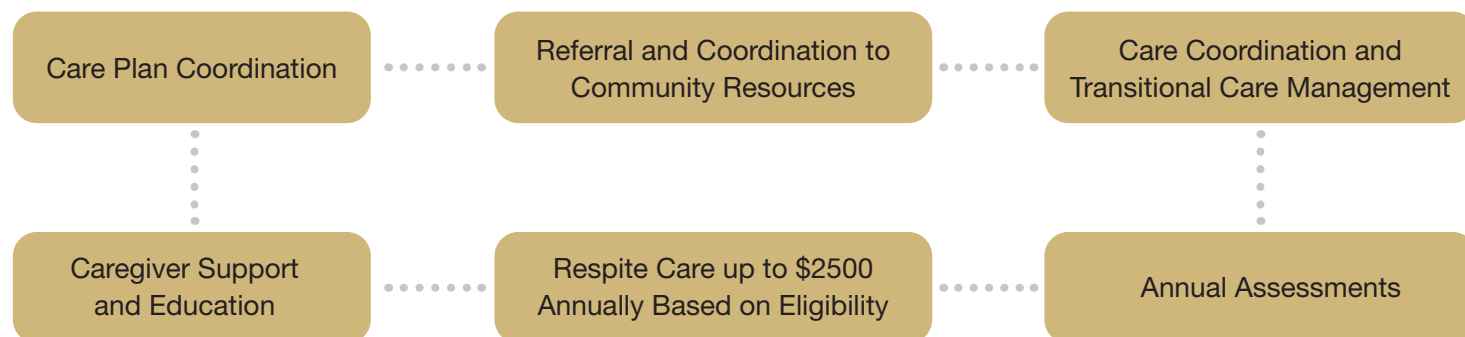
## What to Expect

### Step 1: **Enrollment**



### Step 2: **Program Participation**

Scheduled phone calls about once per month with a trained GUIDE Care Navigator.



The GUIDE program helps people who have dementia. It makes sure they get the care they need and helps them plan for future needs. The program is a team effort between University of Colorado Medicine, the Division of Geriatric Medicine at the University of Colorado, and UCHealth Seniors Clinic.

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