

# GUIDE Model: Care Navigator Training

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The Medicare payment model, Guiding an Improved Dementia Experience (GUIDE), requires participants to train all Navigators and follow a standard approach to care management. The resources found in this learning pathway fulfill many of the requirements to help support GUIDE training and standardization. These resources are useful for the entire care team as well.

## **Background on Dementia**

### **Talking About a Dementia Diagnosis with Your Patient**

Learn how to discuss a diagnosis of dementia with patients and caregivers in a way that is sensitive, clear, and supportive, from diagnosis across the dementia trajectory.

### **Helping Patients Plan for the Future after a Dementia Diagnosis**

Learn how to facilitate future planning discussions with people living with dementia, and their caregivers, including evaluating decision-making capacity, appointing a health care proxy, and preparing for financial, legal, and other impacts of dementia.

### **Stages of Dementia: Helping Patients and Caregivers Understand What to Expect**

A framework for helping patients and caregivers understand the stages of dementia based on symptoms and behaviors. Center to Advance Palliative Care, 2024.

## **Overview of Assessments**

### **Cognitive Assessment Tools**

Recommended validated cognitive assessment tools.

### **Assessing Needs of People Living with Dementia**

Recommended validated assessment tools for common comorbid conditions.

### **Caring for the Caregiver**

Validated tools for assessing caregiver health and well-being.

## **AD8 Dementia Screening**

Screens for early dementia, which is often missed by common assessment tools such as the Mini-Mental Status Examination.

## **Person-Centered Planning**

### **Leading Goals of Care Conversations**

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

### **Care Planning Conversations**

Learn techniques to help patients and their caregivers plan for the future, both during the early stages of a serious illness and as a disease progresses.

### **Coordinating Care and Planning Ahead**

Guidance for all clinicians on improving communication and ensuring smooth transitions of care for patients living with serious illness.

## **Challenging Behaviors**

### **Decoding Dementia Behaviors**

Learn about behavioral symptoms as a form of communication for people living with dementia, and how to assess their root cause and manage these symptoms.

### **Addressing Mood and Sleep Disturbances in Dementia**

Learn how to mitigate and relieve common mood and sleep disturbances to improve quality of life for people living with dementia, and their caregivers.

### **Advanced Dementia: Managing Complications and Care Transitions**

Learn about common health complications for people living with advanced dementia and how to support patients and caregivers.

## **Functional Needs**

### **Karnofsky Performance Status Scale Definitions Rating (%) Criteria**

Stratifies patients by level of functional ability. Like the PPS, the Karnofsky score can be used to predict survival.

### **Lawton-Brody Instrumental Activities of Daily Living Scale**

Instrumental Activities of Daily Living (IADLs) span everyday tasks that many people with serious illness have difficulty with. This assessment tool will help teams identify needs that can be addressed with community supports

## **Pain Assessment in Advanced Dementia (PainAD)**

Tool to assess pain in cognitively impaired patients.

## **Advanced Care Planning**

### **Advance Care Planning in the African American Community**

In this on-demand webinar, the presenter shares cultural and religious beliefs among African Americans, which may discourage completion of or participation in ACP, and more.

## **Communication**

### **Successfully Collaborating to Support People Living with Dementia and Their Caregivers**

This on-demand webinar discusses successfully collaborating to support people living with dementia and their caregivers.

### **Bringing Comfort to People with Advanced Dementia**

This on-demand webinar, Bringing Comfort to People with Advanced Dementia, discusses how we can eliminate distress in patients with advanced Dementia.

## **Coordination of Medical Care and Community Services**

### **CMS Accountable Health Communities Screening for Health-Related Social Needs**

Identifies unmet need in housing, food, transportation, utilities, and safety. Developed by CMS for the Accountable Health Communities model, and recommended for Medicare and Medicaid beneficiaries.

### **Referral to Community Resources**

Community-based resource locators and support services.

## **Supporting the Caregiver**

### **Supporting the Caregivers of People Living with Dementia**

Learn how to support caregivers of people living with dementia, including assessment of caregiver burden and connecting caregivers to essential support systems.

### **Supporting the Caregivers of People with Serious Illness**

This course offers tools and guidance for assessing and addressing the needs of caregivers of people with serious illness.

### **Zarit Burden Interview (ZBI-12)**

Self-reported caregiver assessment.

### **Dementia Care Resources for Caregivers**

Print or email this handout of caregiver resources for education and support.

## Diversity in Dementia

### [Cultural Humility in Caring for People with Serious Illness](#)

Defines cultural humility and how it influences patient care and offers ways to provide culturally humble care.

### [Kagawa-Singer & Blackhall's ABCD Cultural Assessment Model](#)

Cultural assessment document with a mnemonic approach to improve communication with patients and families.

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