

GUIDE Model

Dementia Caregiver Support
Guiding an Improved Dementia Experience

LEARN Community Spotlight
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Amy Garwood, BSN, RN, CHPN
RN Network Care Manager



Kootenai
CareNetwork

Dementia Care Impacts Idaho Families

- ~33,000 Idahoans living with Alzheimer's disease (2025 estimate)
- 65,000 Idaho caregivers provide unpaid support
- Value of unpaid caregiving exceeds \$1.8 billion annually
- 70% of caregivers balance caregiving with employment
- 31.1% of caregivers reported depression, 13.4% reported poor physical health, and 57.5% reported having their own chronic health condition

ADRD Strategic Plan in Idaho Companion Document (2023)

Why Should Providers Know About GUIDE

- Identify potentially eligible beneficiaries
- Educate families about available support
- Collaborate with GUIDE care teams
- Connect caregivers to additional resources
- Help people remain safely in their homes longer

MODEL PURPOSE

Alzheimer's Disease and Related Dementia (ADRD) is a major public health issue and is increasingly affecting the American population. About 6.7 million Americans currently live with Alzheimer's disease or another form of dementia, a number that is projected to grow by nearly 14 million by 2060. To help address this, the Guiding an Improved Dementia Experience (GUIDE) Model aims to:



Improve quality of life for people with dementia by addressing their behavioral health needs and functional status, coordinating care for dementia and co-occurring conditions, and improving transitions between community, hospital, and post-acute settings.



Reduce burden and strain on unpaid caregivers of people with dementia by providing caregiver skills training, support services, referring to community-based social services and supports, 24/7 care team access, and respite services.



Prevent or delay long-term nursing home care for as long as appropriate by supporting caregivers and enabling people with dementia to remain safely in their homes for as long as possible.

CARE DELIVERY APPROACH

The model will promote quality dementia care by defining and requiring a comprehensive, standardized care delivery approach that will include the following:



Standardized set of services for patients and their caregivers.



An interdisciplinary care team to deliver these services.



A training requirement for care navigators who are part of the care team.

The interdisciplinary care team will deliver services by creating and maintaining a **person-centered care plan**, which will include details on the patient's goals, strengths, and needs; comprehensive assessment results; and recommendations for service providers and community-based social services and supports.

CROSS-SECTOR COLLABORATION

The care plan will identify the patient's primary care provider and specialists and outline the care coordination services needed to manage the patient's dementia and co-occurring conditions.



CAREGIVER SERVICES

Programs will assess and address caregiver needs and include the caregiver as part of the care team. Caregiver services will include ongoing monitoring and support and 24/7 access to a support line.

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.

GUIDE Model Eligibility

The GUIDE Model's intended population is community-dwelling Medicare FFS patients, including patients dually eligible for Medicare and Medicaid, who have dementia. Eligible patients must meet the following criteria:



How Beneficiaries are Identified

CMS identifies potential beneficiaries using historical dementia diagnoses in Medicare claims

CMS may also use medication history associated with dementia treatment

Eligible beneficiaries may receive outreach letters from CMS or participating GUIDE organizations

Sample of letters sent in Fall 2025

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
7500 Security Boulevard, Mail Stop 00-00-00
Baltimore, Maryland 21244-1850



Center for Medicare and Medicaid Innovation

[Date]

[Beneficiary Name]

[Beneficiary home address line 1]

[Beneficiary home address line 2]

Dear [Beneficiary Name]:

You may be eligible for free dementia care support through a new Medicare program called GUIDE (Guiding an Improved Dementia Experience). GUIDE helps people with Alzheimer's disease or related dementia and their family caregivers get the support they need to stay safely in their homes.

GUIDE provides you with a dedicated care navigator who helps coordinate your care and connects you with local community resources, like home-delivered meals and medical transportation. Your family caregivers get personalized training in caring for someone with dementia and may be eligible for respite services, within a yearly allowance, to take a break when they need to. You can call your care navigator 24 hours a day with questions about your care, help to coordinate medical appointments, and talk about a personalized care plan based on what matters most to you.

Who can get GUIDE support: You are eligible for GUIDE if you have Medicare Parts A and B as your primary source of health insurance. You are not eligible if you are enrolled in Medicare Advantage, Hospice, or the Program for All Inclusive Care for the Elderly. You also must have Alzheimer's disease or another type of dementia.

Your Medicare benefits stay the same. GUIDE is voluntary and doesn't change your Medicare coverage, including supplemental or Medigap plans. You can still see any doctor, health care provider, or hospital that accepts Medicare.

Finding a GUIDE Participant

- If the beneficiary received a CMS letter, there should be options listed on the second page
- Check the CMS GUIDE website

Open the Participant List and Filter the column *States in Which Participants Provide Services* by “ID” [Idaho]

The screenshot shows the CMS.gov website. The header includes the CMS.gov logo, the text 'Centers for Medicare & Medicaid Services', and links for 'About CMS', 'Newsroom', and 'Data & Research'. A search icon is also present. Below the header is a navigation bar with links for 'Medicare', 'Medicaid/CHIP', 'Marketplace & Private Insurance', 'Initiatives', and 'Training & Education'. The main content area has a breadcrumb trail: 'Home > Priorities > Overview > Innovation Models > GUIDE (Guiding An Improved Dementia Experience) Model'. The title of the page is 'GUIDE (Guiding an Improved Dementia Experience) Model'. Below the title is a paragraph: 'The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary, nationwide model testing the impact of providing comprehensive services and supports for people with dementia and their caregivers. The model began on July 1, 2024, and will run for 8 years.' Below this paragraph is a 'Key Points' section. On the right side, there is a 'Helpful Resources' sidebar with a yellow icon of a book. The sidebar contains links: 'Frequently Asked Questions', 'Patient and Caregiver Fact Sheet', 'GUIDE Providers (Participant List)', and 'Model Overview'. A red arrow points from the title 'GUIDE (Guiding an Improved Dementia Experience) Model' to the 'GUIDE Providers (Participant List)' link, which is circled in red.

CMS.gov Centers for Medicare & Medicaid Services

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Home > Priorities > Overview > Innovation Models > GUIDE (Guiding An Improved Dementia Experience) Model

GUIDE (Guiding an Improved Dementia Experience) Model

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary, nationwide model testing the impact of providing comprehensive services and supports for people with dementia and their caregivers. The model began on July 1, 2024, and will run for 8 years.

Key Points

Helpful Resources

- [Frequently Asked Questions](#)
- [Patient and Caregiver Fact Sheet](#)
- [GUIDE Providers \(Participant List\)](#)
- [Model Overview](#)

www.cms.gov/priorities/innovation/innovation-models/guide

Amy Garwood
BSN, RN, CHPN

RN Network Care Manager

Amy.Garwood@kh.org

Phone: 208-625-6106

Fax: 208-769-8573



Kootenai
CareNetwork

References

Centers for Medicare & Medicaid Services (CMS)

- GUIDE Model Overview
- GUIDE Model Fact Sheet
- GUIDE Participant Directory

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

Idaho Department of Health & Welfare

Alzheimer's Disease and Related Dementias Strategic Plan
in Idaho Companion Document (2023)