

Health Plan- Dementia

Level 1 actions (introductory): activities that provide a starting place to improve care including advancing audience knowledge and self-efficacy in addressing the health topic. These activities may be able to be incorporated into existing workflows.

- **Note:** These actions are to be encouraging for individuals to begin treating the chosen health topic.
- **Level 2 actions (intermediate):** activities that may require collaboration, new workflows, and resources to accomplish.
- **Level 3 actions (advanced):** activities that may require higher collaboration, resources, funding, and time to accomplish.

Level 1

Risk Reduction

- Send educational material to members about the importance of brain health and how to reduce risk of cognitive impairment, using the Dementia Action Collaborative's (DAC) [Keep Your Brain Healthy](#) resource.
- Cover hearing and vision aids with minimal to no cost-share
- Offer care coordination/navigation services, or refer to organizations that offer such services, to support understanding and access to available resources

Detection & Diagnosis

- **Increase member awareness of:**
 - Age-related changes in memory versus the warning signs of dementia
 - The benefits of timely diagnosis of Mild Cognitive Impairment (MCI), Alzheimer's disease, and other dementias.

Ongoing Care, Support & Management

- **Facilitate information sharing and outreach during transitions between health care facilities and times of crisis (e.g., admission to the hospital)**

Level 2

Risk Reduction

- Cover chronic disease prevention at no cost-sharing, such as physical activity programs and gym membership fees.
- Review utilization management policies to remove barriers to risk reduction programs such as:
 - Diabetes Prevention Program (DPP)
 - Self-Monitoring Blood Pressure Program (SMBP)

Detection & Diagnosis

- **When initial diagnosis of dementia is identified through claims:**
 - Route automatically to internal care manager/coordinator/navigator team
 - Send resources including but not limited to the Dementia Roadmap, Alzheimer's Association (24/7 Helpline 1-800-272-3900), and contact information for their local Area Agency on Aging
- **Develop benefits for patients with Alzheimer's disease or other dementias and their families with access to palliative care without having to be eligible for hospice.**
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Ongoing Care, Support & Management

- Provide easy access to care management services for those diagnosed with cognitive impairment and their families/care partners

Level 3

Risk Reduction

-  **Integrate coverage for fruit and vegetable prescription programs for those needing medically tailored meals**

Detection & Diagnosis

- **Explore opportunities to allow billing for cognitive assessment delivered by a trained non-physician in primary care**

Ongoing Care, Support & Management

- **Measurement.**
 - **Measure patient and family satisfaction with dementia care with use of a survey tool similar to that used by hospice agencies.**
 - **See Evaluation Framework for further guidance**

All Guidelines

Risk Reduction

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