



Amy House, a Care Navigator with Tembo Health for the Medicare GUIDE dementia program is also a Licensed Assisted Living Director in Minnesota.

Amy knows Memory Care inside and out, writing policies, assisting with training and ensuring compliance with state laws as well as finding way for Memory Care to be safer and more engaging.

Some may think that the Medicare GUIDE dementia program is not needed if a person living with dementia chooses to move to Memory Care, **but you are still the caregiver!!!** You are still in need of support as you are still making all the decisions and advocating.

Reasons to enroll in GUIDE even if someone moves to Memory Care, during our monthly check ins Tembo can support you with:

- planning ahead and medical decisions about injuries and illnesses that are common as the disease progresses, when to consider hospice, etc.
- recommendations from our doctors and geriatric psychiatrist on care or medications- a geriatric psychiatrist can be a 4-6 month wait, we can help within weeks or days
- providing you with support for self-care, inter-family communication and education, and a safe space to share your feelings, worries or fears.
- tips and problem solving if the Memory Care is stalled about falls, behavioral symptoms, incontinence issues, wounds, safety or engagement
- assistance with how to bring up concerns both big and small with the facility and how to work as a team together

- guidance on how your role changes once someone is in Memory Care and what to expect from the Memory Care vs what you still need to provide for your loved one