



**FIVE STAR**  
**HOME HEALTH CARE**

**Medicare**  
**GUIDE**

# We Treat Chronic Diseases in the Home



**Care Management**



**House Call Provider**



**Skilled Nursing**



**Physical Therapy**



**Occupational Therapy**



**Speech-Language Pathology**



**Medical Social Worker**



**Daily Caregiver**



**West Virginia**

**Maryland**

Frederick

Clarke

Loudoun

Warren

Shenandoah

Fauquier

Fairfax

Page

Rappa-  
hannock

Prince  
William

Culpeper

Stafford

Madison

Greene

Orange

Spotsylvania

King  
George

**Virginia**

# Medicare GUIDE Overview



## Patient Qualification

- Dementia diagnosis
- Medicare Parts A & B
- Not living in a LTC SNF
- No PACE, hospice or Medicare Advantage



## Services Provided

- Care navigation for family
- Family education and teaching disease process
- Family caregiver respite care
- Medication review
- Connection to community and medical resources

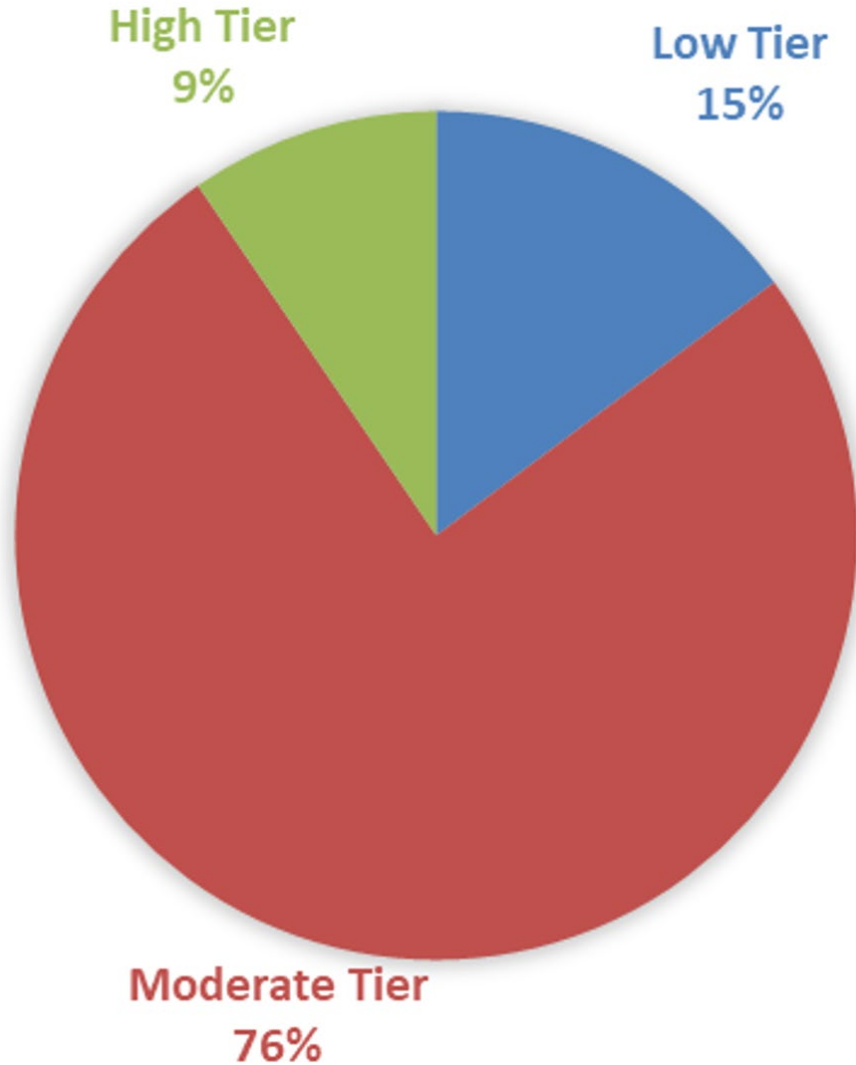


## Medicare Goals

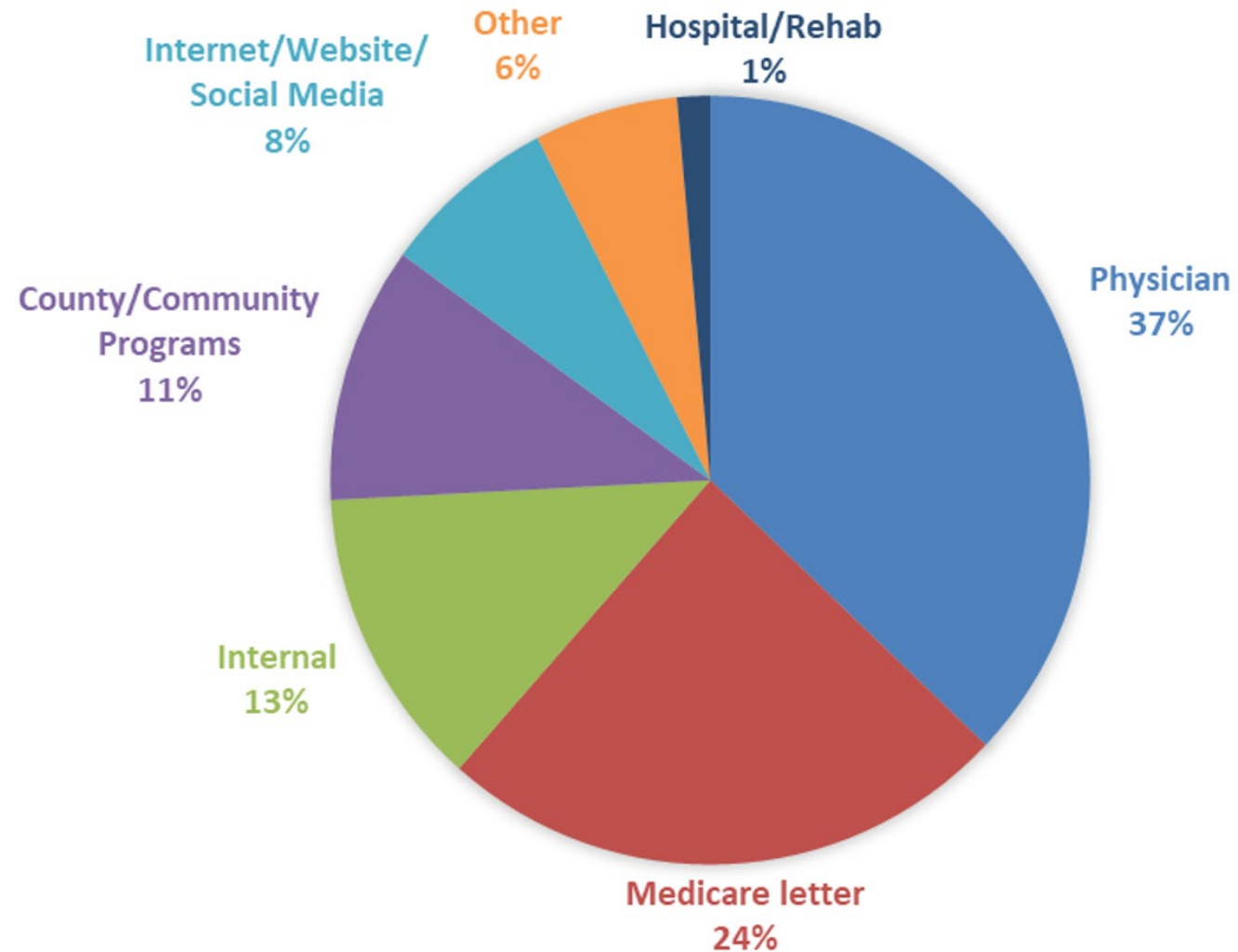
- Live safely at home
- Reduce hospitalizations
- Reduce SNF LTC use
- Reduce stress for family
- Reduce high-risk meds
- Long term care planning

# GUIDE Metrics

## 209 GUIDE Patients Serviced



## Patient Referral Sources



# Why Did Our Team Apply for GUIDE?

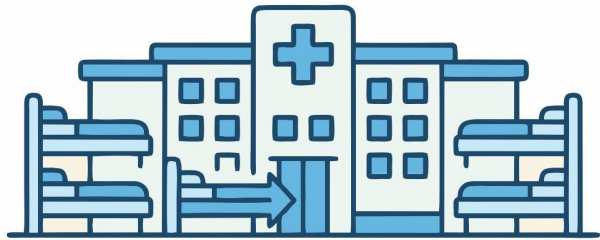


**We fundamentally believe longitudinal care is the future of accountable care.**

# Our GUIDE Year 1 Results are Impressive

Compared to comparable risk profiles...

Admission to SNF LTC



**84% less**

Total Per-Capita Cost



**29% less**

Source: CMS

# No One “Only Has Dementia”



# 75%

of dementia patients have  
**3+ chronic diseases**

Source: CMS

# What's Driving Our Success?



**Integrated care  
management of  
all diseases  
and addressing  
all functional  
limitations**

# FIVE STAR HOME HEALTH CARE

*Most home health agencies stop here*

## **TREAT**

an illness or injury  
after a hospital stay  
or a new diagnosis

## **TEACH**

empowerment to  
self-manage your  
illness at home

# Family Caregivers



# Family Caregivers are First to Detect Changes



Change in mental status



Fever



Frequency of urination



High (low) blood pressure



Loss of appetite



Almost fall



Weight gain (or loss)



Productive cough



Lethargy



Pain



Blood sugar



Shortness of breath

# Respite Care is the Most Popular Feature



# Case Studies - Care Navigator & Trainer



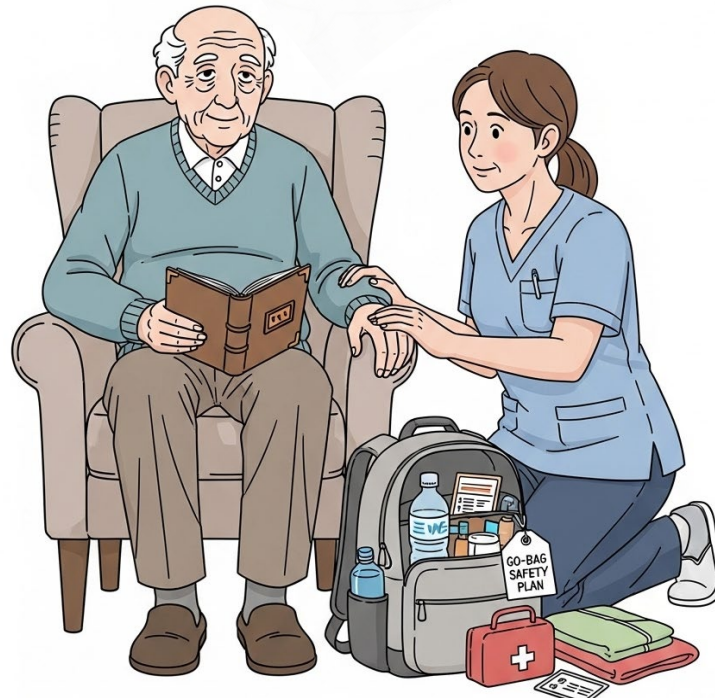
**Jodi Lyons**  
Chief of Care  
CareBrains

# Case Studies

Lewy body dementia  
hallucinations at lunch.  
Care Navigator avoided  
an unnecessary 911 call.



Frontotemporal dementia  
safety plan (go-bag).  
Client said his wife "never  
hit him," so he's "fine."



Referrals to attorneys  
and financial advisors.  
Even the wealthy don't  
know where to turn.



# GUIDE SWOT

## Strengths

- Longitudinal care works!
- GUIDE is saving taxpayer money
- Success in debunking denial myths
- Family planning reduces anxiety

## Weaknesses

- No MCI or suspected dementia
- Families want more respite care
- Too many care setup steps

## Opportunities

- Preventing dementia symptoms later
- CMS outreach letters worked well
- Brain health education for providers

## Threats

- Backlog for dementia testing
- Myths prevalent on social media



**Questions?**