

Highlights of Administration on Aging Grantee-Developed Resources



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Table of Contents

Section	Page
Introduction	1
Resources	1
Advance Care Planning.....	1
Behavior Symptoms of Dementia.....	1
Care Coordination and Care Transitions.....	2
Cost Analysis.....	2
Cultural Awareness.....	3
Dementia Capability	4
Early-Stage Dementia	4
Evidence-based Interventions Translation Reports	5
Evidence-informed Interventions.....	5
First Responders.....	6
People with Intellectual and Developmental Disabilities and Dementia	7
Identification and Screening	9
People with Dementia Who Live Alone	10
Policy	11
Professional Training.....	11
Respite	13

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Introduction

Over time, Administration on Aging (AoA) grantees have produced a range of resources on topics most relevant to offering Alzheimer's disease and dementia supportive services. The resources contained in this document were created during an AoA grant, and the intention is to share them with other providers to support local efforts to deliver dementia care services. This document highlights selected resources and examples from across the United States. Anyone interested is encouraged to use these resources freely or as a starting point in their program development. Often the branding of the organization that created the resource is included and we expect that attribution to the original developer be given when a resource is used. As resources continue to be developed through the AoA grants program, they will be reviewed and added to the [National Alzheimer's and Dementia Resource Center \(NADRC\) website](#), and this document will be updated periodically.

The Table of Contents links to the various topic areas by section to allow for easy navigation throughout the document. Every resource has a page on the NADRC website and when available, direct links to the grantee website are provided.

Please note: The original authors may have modified these resources after the grant. For any resource that is not directly linked to the grantee's website, readers are encouraged to confirm with the grantee organization hyperlinked in each resource description about whether the included resource has been updated.

Resources

Advance Care Planning

- [Advance Care Planning: Decisions Matter for Memory Loss Patients and Families](#): The University of Hawai'i [Hawai'i Alzheimer's Disease Initiative \(HADI\)](#) created a presentation that describes advance care planning and explains why it is important, how to have conversations about advance care planning, and key resources. (PPT)

Behavior Symptoms of Dementia

- [IDEA! Strategy: Alzheimer's Los Angeles](#) created IDEA!, a simple three-step strategy designed to assist caregivers with understanding a specific behavior with individualized approaches for addressing it. IDEA! covers Identify the problem/challenging behavior, Explore the behavior, and Aadjust your response. Materials use contact information is available on the webpage. (PDF)

- [Caregiver Tip Sheets: Alzheimer's Los Angeles](#) developed a series of plain language tip sheets for caregivers that complement the IDEA! strategy on various topics related to Alzheimer's and related disorders, in English, Spanish, Japanese, and Chinese. Topics include a range of issues such as bathing, communication, driving, hallucinations, medications, sundowning, and toileting. Materials use contact information available on the webpage. (Webpage)
- [The Neuropsychiatric Symptoms of Dementia: A Visual Guide to Response Considerations](#): This comprehensive guide was developed for professionals through an ACL grant awarded to the [Kansas Department on Aging](#). The Guide includes sections on general dementia behavior information, possible reasons for neuropsychiatric behaviors, interventions to try, and references and resources. (PDF)

Care Coordination and Care Transitions

- [Collaborative Care Coordination](#): Through the [Virginia Department for Aging and Rehabilitative Services](#), the Collaborative Care Coordination Program represents a collaboration between a memory assessment and treatment clinic and a local area agency on aging. The program manual presents the information needed for delivery of this model of person-centered care coordination. (Webpage)
- [Care Coordination Practice Tool](#): The [Hawai'i Alzheimer's Disease Initiative \(HADI\)](#) adapted a resource from ACT on Alzheimer's® for its local purposes. This tool supports clinicians through the identification of cognitive impairment and dementia care coordination and includes a dementia care plan checklist along with a review of symptoms and duration of disease. (PDF)
- [Care Transitions Workflow](#) Process: [Nevada Senior Services](#) collaborated with the original interventionists from Rush University Medical Center to provide a dementia-capable version of the Bridge Model, an evidence-based care transitions program. Nevada Senior Services created a one-page workflow process of its dementia capable care transitions collaborative partnership. (PDF)

Cost Analysis

- [Cost Tracking Tool Template](#): For the [North Carolina Department of Health and Human Services](#) REACH II implementation, a cost tracking tool template was created that includes a Time Allocation Worksheet and a Cost Worksheet. These worksheets document how local program sites spent time on the REACH II intervention (Time Allocation) and how much it costs to implement the REACH II intervention (Cost Worksheet). (MS Excel)

Cultural Awareness

- **Cultural Awareness in Dementia Care:** The [Minnesota Board on Aging](#) created the training series “Cultural Awareness in Dementia Care” to educate providers and the community about several cultural groups that are at greater risk for acquiring dementia to ensure best practices for early detection and support.
 - Cultural Awareness in Dementia Care: American Indian Cultures (PPT)
 - Cultural Awareness in Dementia Care: Working with African American Elders (PPT)
 - Cultural Awareness in Dementia Care: Tools for Your Practice When Caring for Latino Older Adults (PPT)
 - Cultural Awareness in Dementia Care: Tools for Your Practice When Caring for Somali Older Adults (PPT)
 - Cultural Awareness in Dementia Care: Tools for Your Practice When Caring for Hmong Elders (PPT)
- **Caregiver Videos:** [Alzheimer’s Orange County](#) partnered with University of California, Los Angeles to develop a series of brief videos providing practical tips for different caregiver situations including baths, hallucinations, refusal to take medications, and sundowning. Available in Korean and Vietnamese.
 - Korean
 - Refusal to Bathe: <https://www.youtube.com/watch?v=tW3wXRfOJIE>
 - Hallucinations: <https://www.youtube.com/watch?v=5-TbruEUGeA>
 - Refusal to take Medications: <https://www.youtube.com/watch?v=6MnMrxk0J7g>
 - Sundowning: <https://www.youtube.com/watch?v=QuTPxtSuQE4>
 - Vietnamese
 - Refusal to Bathe: <https://www.youtube.com/watch?v=OffBOMSNpug>
 - Hallucinations: <https://www.youtube.com/watch?v=AMyQXTCJ2Gk>
 - Refusal to take Medications: <https://www.youtube.com/watch?v=L9kMsEa14uQ>
 - Sundowning: <https://www.youtube.com/watch?v=ewKyr0-E4Og>

Dementia Capability

- [Dementia Capable Series](#): The [Illinois Department on Aging](#) created a training designed for the Aging Network on components of a dementia-capable service delivery system that includes a manual and videos. The training is designed for care coordinators, Adult Protective Service workers, in-home workers, adult day service workers, Aging and Disability Resource Center staff, managed care organization staff, and supportive living facility staff.
 - [Training Manual](#) (PDF)
 - Introduction and Section One: [Dementia and Anatomy of the Brain, Frontotemporal Dementia, Primary Progressive Aphasia](#) (Video)
 - Section Two: [Alzheimer’s Disease, Lewy Body Dementia, Vascular Dementia](#) (Video)
 - Section Three: [2 Caregivers’ Stories \(Alzheimer’s disease\)](#) (Video)
 - Section Four: [Communication and Expectations](#) (Video)
 - Section Five: [A Caregiver’s Story \(Frontotemporal Dementia\)](#) (Video)
 - Section Six: [The Practical Application for: Care Coordinators, Adult Protective Services Case Workers, In-Home Case Workers, Adult Day Service Staff, Managed Care Staff, Supportive Living Facility Staff, Aging and Disability Resource Center Staff, SHIP Workers](#) (Video)
 - [Adult Day Service Staff](#) (Video)
 - [Adult Protective Services Case Workers](#) (Video)
 - [Aging and Disability Resource Center](#) (Video)
 - [In-Home Care Workers](#) (Video)
 - [Managed Care Staff](#) (Video)

Early-Stage Dementia

- [TAKING ACTION: A Personal and Practical Guide for Persons with Mild Cognitive Impairment \(MCI\) and Early Alzheimer’s Disease](#): The [Minnesota Board on Aging](#) Early Memory Care Initiative created the first workbook of its kind for newly diagnosed early stage individuals. The workbook covers topics like understanding memory loss, partnering with your doctor, telling others about your diagnosis, strategies for daily living, coping with changes, legal and financial planning, and various resources. (PDF)

- [LIVING WELL: A Guide for Persons with Mild Cognitive Impairment \(MCI\) and Early Dementia](#): Developed by the [Minnesota Board on Aging](#) Early Memory Care Initiative, this guide addresses daily living strategies including exercise, diet, stress reduction, brain health, finding meaning and purpose, and maintaining relationships. (PDF)
- [Share the Care Wisconsin](#): As part of the Share the Care (STC) program, this guidebook created by [Greater Wisconsin Agency on Aging Resources, Inc.](#) helps people living with dementia establish or expand a support circle through family, friends, neighbors, community connections and volunteers. (PDF)

Evidence-based Interventions Translation Reports

- AoA required grantees that received [Alzheimer’s Disease Supportive Services Program](#) grants to submit a “translation report” that detailed lessons learned and grantee recommended procedures for program implementation. Reports include grantee-recommended recruitment strategies, screening and enrollment procedures, training of interventionists, possible modifications to the intervention format or content, maintaining fidelity to core elements of the program, and cost analyses. These reports are intended to serve as guides for future translation projects and contain rich detail on the translation process.
 - [BRI Care Consultation](#) (submitted by Georgia grantee in 2015)
 - [Coping with Caregiving](#) (submitted by Arizona grantee in 2013)
 - [New York University Caregiver Intervention](#) (submitted by CA, FL, MN, GA, UT, WI grantees in 2013)
 - [RCI REACH](#) (submitted by Georgia grantee in 2016)
 - [Reducing Disability in Alzheimer’s Disease](#) (submitted by Ohio grantee in 2014)
 - [Savvy Caregiver](#) (submitted by Maine grantee in 2014)
 - [Savvy Caregiver](#) (submitted by Michigan grantee in 2015)
 - [Skills2Care](#) (submitted by New Jersey grantee in 2012)
 - [STAR-C](#) (submitted by Oregon grantee in 2013)

Evidence-informed Interventions

- [Savvy Advanced](#): Savvy Advanced, a 4-week program for caregivers previously trained on the Savvy Caregiver Program, was developed through a grant

awarded to [Maine Office of Aging and Developmental Services](#). The 4-week program was developed, in part, as a response to Savvy Caregiver graduates requesting a “refresher” program as they experienced new caregiving challenges.

- Trainer Manual (PDF)
- Participant Manual (PDF)
- Train the Trainer Curriculum (PDF)
- [Dealing with Dementia](#): The [Rosalynn Carter Institute for Caregiving](#) developed the Dealing with Dementia program, which focuses on the behavioral component of the REACH II program. Using a train-the-trainer approach, family and professional caregivers attend a 4-hour workshop where they learn strategies and best practices for effectively managing problem behaviors and handling caregiver stress and burnout. Participants also receive a Dealing with Dementia guide that contains over 300 pages of information and solutions to problems caregivers face every day. Dealing with Dementia materials are available in English and Spanish.
 - Manual—English (PDF)
 - Handouts—English (PDF)
 - [Manual—Spanish](#) (PDF)
 - [Handouts—Spanish](#) (PDF)
- [Effective Strategies Program](#): Through the [Virginia Department for Aging and Rehabilitative Services](#), the Effective Strategies Program was developed as an educational and social program designed to support people living independently with dementia or mild cognitive impairment by teaching memory and other concrete daily living strategies. The program consists of 18 sessions over 9 weeks. Sessions are led by a variety of experts in fields such as psychology, social work, speech therapy, occupational therapy, physical therapy, art therapy, and music therapy. (PDF)

First Responders

- [Dementia Basics for First Responders](#): [Alzheimer’s San Diego](#) developed a training session on the basics of dementia for First Responders. The training includes descriptions of dementia, the changes that accompany dementia (e.g., communication, behavior), and important safety and wandering issues related to dementia. (PPT).

- [Emergency Medical Services Visitor](#) Program: [Wisconsin Alzheimer's Institute](#) developed training materials for the implementation of its Emergency Medical Services Visitor Program. The training includes the basics of dementia, a session on motivational interviewing, and a session on program implementation and dementia simulation training.
 - Dementia 101 Training (PPT)
 - Motivational Interviewing (PPT)
 - Implementation Training (PPT)
 - EMS Visitor Record (Word)
 - Direct Service Form (Word)
 - Hospital and Emergency Department Visit Verification (Word)
 - Observation Checklist/Notes (Word)
- [First Responder Alzheimer's and Dementia Training](#): This four-part training series of videos was developed by Alzheimer's Orange County as part of the grant to [Alzheimer's San Diego](#). These brief videos present educational vignettes involving actual first responders and actors portraying people living with dementia and reminders about how to handle the interactions and any follow-up. (Videos)
- [Law Enforcement Referral](#) Form: [Alzheimer's San Diego](#) created a referral form that law enforcement can use. Law enforcement can refer an individual or family member to Alzheimer's San Diego for support or education. (Form PDF)

People with Intellectual and Developmental Disabilities and Dementia

- [Foundations of Dementia Care for Persons with Intellectual and Developmental Disabilities: Eddy Alzheimer's Services](#) in Upstate New York developed a classroom-based intellectual and developmental disabilities (IDD) and dementia training that provides an overview of dementia and the impact of dementia symptoms on individuals with IDD and their caregivers. The training uses multiple modalities, including taking a visual walk through the brain, role plays promoting positive interactions between professionals and clients and opportunities for conversation, and questions and problem solving around responding to behavioral symptoms.
 - Training (PPT)
 - [What is Alzheimer's](#) (Video)—Training slide 10

- [How Dementia Expresses itself in People with IDD](#) (Video)—Training slide 19
 - [What a Diagnosis of Type of Dementia Means to those Supporting the Person](#) (Video)—Training slide 27
 - [Unresolved Grief](#) (Video)—Training slide 42
 - [Final Insights](#) (Video)—Training slide 87
- Role Play Scripts (Word)
- Handout (PDF)
- [Serving People with IDD and Dementia: Online Training](#): The [Minnesota Department of Human Services](#) developed an online training for case managers and certified assessors, Serving People with Intellectual or Developmental Disabilities and Dementia, to help them understand the impact that dementia has on those who have IDD; what is different; how to best support the person, their families, and caregivers; and best practices. (Online training)
- [Intellectual Disability and Dementia: A Caregiver’s Resource Guide for Rhode Islanders: Seven Hills Rhode Island](#) created this resource guide in collaboration with the National Task Group on Intellectual Disabilities and Dementia Practices. This document provides informal and professional caregivers with the foundation to begin the conversation in planning supports for the individuals under their care. The resource includes sections on becoming a health care advocate; learning about screening, assessment, and diagnosis; learning about dementia; working with the health care provider; providing care; and caregiver tips. (PDF)
- [Training on Intellectual and Developmental Disabilities and Dementia](#): The [Greater Michigan Chapter of the Alzheimer’s Association](#) developed a series of presentations related to IDD and dementia for professional and family caregivers. The presentations include introduction to dementia and IDD, fundamentals of dementia and developmental disabilities, activities, communication changes, home safety, and behaviors.
 - Activity Planning for People with Intellectual and Developmental Disabilities and Dementia (PPT)
 - Communication Changes in People with Intellectual and Developmental Disabilities and Dementia (PPT)

- Fundamentals of Intellectual and Developmental Disabilities and Dementia (PPT)
- Home Safety and Environmental Modifications (PPT)
- Introduction to Dementia in People with Intellectual and Developmental Disabilities (PPT)
- Preventing and Responding to Behaviors in People with Intellectual and Developmental Disabilities and Dementia (PPT)
- [Noah Homes: Memory Care Program](#): Developed by [Alzheimer's San Diego's](#) partner, Noah Homes, as part of its grant, this is a comprehensive guide on model residential care for people with IDD. The guide covers a range of topics, including admissions, activities, environment, daily programming, sleep, social engagement, and staff training. (Word)
- [Dementia Resource Guide Book for Individuals with Developmental Disabilities and Their Caregivers](#): Developed by the [Wisconsin Board for People with Developmental Disabilities](#) for individuals with IDD and dementia, their family members, and caregivers to help individuals navigate and advocate for their own health care. It is also intended to help family and caregivers understand changes in condition, document and monitor those changes, communicate to providers, and advocate for the individual's health care. (PDF)

Identification and Screening

- [Referral Protocol/ Dementia Decision Support Algorithm](#): The [California Department on Aging](#) and 10 health plans worked with Alzheimer's organizations to identify health plan members with cognitive impairment. The grant project staff developed a Dementia Decision Support Algorithm to assist health plans if the cognitive screening question yields a positive result. (PDF)
- [Clinical Provider Practice Tool](#): The [Hawai'i Alzheimer's Disease Initiative](#) adapted a resource from ACT on Alzheimer's® for its local purposes. This tool supports clinicians in cognitive impairment identification, dementia workup and diagnosis, and dementia management. This tool includes dementia management resources and measurement tool. (PDF)
- [Cognitive Screening Flowchart](#): The [Hawai'i Alzheimer's Disease Initiative](#) also adapted a resource from ACT on Alzheimer's® for its local purposes. This resource serves as a roadmap for cognitive screening. This tool includes screening tools and dementia support resources. (PDF)

- [FIRST Project: Cognitive Screening](#) Flowchart: The [County of San Diego, Aging and Independence Services](#) developed a flow chart to teach community case managers about dementia and to know how and when to use the AD8 and Mini-Cog, two screening tools for dementia. (PDF)

People with Dementia Who Live Alone

- [Live Alone Dementia Safety Net Algorithm](#): This resource was adapted from ACT on Alzheimer's® by [Alzheimer's Association, Northern California and Northern Nevada Chapter](#) in partnership with Alzheimer's Los Angeles. This resource provides guidance on the provision of dementia-informed care for social service providers and staff members of community-based organizations. (PDF)
- [Alone but Not Forgotten: Booklet](#), [Alzheimer's Association, Northern California and Northern Nevada Chapter](#), partner of Alzheimer's Los Angeles grant, developed "Alone but Not Forgotten: Supporting Those Living Alone with Memory Loss," a booklet for individuals and those who care for them on navigating getting a diagnosis, communicating with the doctor, planning for care, legal and financial considerations, and expanding the circle of support for an individual living alone with dementia. (PDF)
- [People Living Alone with Dementia Risk Assessment](#): The [University of Iowa College of Nursing](#) developed a risk assessment for public health nurses and other community-based providers to record observed or reported conditions during a home visit. (PDF)
- [Meals on Wheels Expanded Assessment](#): The [Southern Maine Agency on Aging \(SMAA\)](#) created an expanded version of its MOW assessment with the vision of identifying people living alone with dementia without adequate support and connecting them to other services. This expanded assessment stresses the importance of screening for cognitive impairment. It aims to identify people who need certain resources and connect them to those resources. It addresses the social determinants of health, isolation, transportation, falls, and more.
 - The manual describes the development of the assessment, pilot of the tool, training of volunteers, and guidance to other agencies on implementation. The appendix includes the Meals on Wheels Expanded Assessment and the Dementia Crisis to Thriving Scale. Meals on Wheels Expanded Assessment is 11 pages long with check box areas and space for narrative comments. It covers source of referral, client demographic information, meal delivery needs, nutritional risk, daily activities assessment, memory concerns,

available in-home support, home safety, and screening for elder abuse, neglect, and exploitation. (PDF)

- [Dementia Crisis to Thriving Scale](#): The Southern Maine Agency on Aging adapted the Crisis to Thriving Scale for use with people living alone with dementia. With the Dementia Crisis to Thriving Scale the respondent rates the person’s level of risk on several domains such as food security, in-home care, and falls risk. (PDF)
- [Dementia-Specific Case Management](#): [BakerRipley](#) describes the components for community-based agencies to serve individuals living alone with dementia. By implementing interventions focused on getting a diagnosis, medication management, establishing support systems, and getting access to services, clients are able to remain independent longer in a safer, more supportive environment. (PDF)

Policy

- [AAA Caregiver Services Policy](#): The [Georgia Department of Human Services](#)’ grant from ACL includes establishing the guidelines and requirements for Area Agencies on Aging (AAAs) that provide or contract for provision of non-Medicaid home and community-based services for family and informal caregivers of older individuals, at-risk adults, and persons with disabilities. These requirements apply to services funded wholly or partially by funds received through the Department of Human Services Division of Aging Services and are suggested for use by agencies providing caregiver services on a fee-for-service basis. (PDF)

Professional Training

- [Dementia-Capable Health Systems](#): [Alzheimer’s Los Angeles](#) developed a curriculum for dementia care managers and dementia care specialists that is evidence-informed and suited to dementia care managers in health plans and health care organizations. The curriculum includes a facilitator guide, slide presentation, worksheets, and manual. Additionally, the Dementia Care Management Toolkit is available online and contains a health risk assessment, tool for identifying informal or family caregivers, best practice care plans, and caregiver tip sheets. Materials use contact information is available on the webpage. (Webpage)
- [Microlearning for Primary Care Providers](#): [Virginia Department of Aging and Rehabilitative Services](#) developed a series of online primary care provider microlearning modules that cover topics such as demystifying dementia, sharing

the diagnosis, providing guidance, communication, and medication management. (Online training)

- [ADRC Dementia Training](#): Through a grant awarded to [Oregon's Department of Human Services, Seniors and People with Disabilities](#), Portland State University's Institute on Aging developed 11 online training modules for Aging and Disability Resource Center (ADRC) staff involved in providing support to consumers. Tier 1 modules are for all ADRC staff, Tier 2 modules are for staff who have more in-depth contact with consumers, and three modules address specific at-risk populations. (Online training)
 - Tier 1: [Companion Guide](#) (PDF)
 - Module 1: [Implementing Person-Centered Dementia Support](#) (Video)
 - Module 1: [Implementing Person-Centered Dementia Support](#) (PDF)
 - Module 2: [Communication and Behavioral Expression](#) (Video)
 - Module 2: [Communication and Behavioral Expression](#) (PDF)
 - Module 3: [Medical and Clinical Aspects of Dementia](#) (Video)
 - Module 3: [Medical and Clinical Aspects of Dementia](#) (PDF)
 - Module 4: [Information and Referral Issues](#) (Video)
 - Module 4: [Information and Referral Issues](#) (PDF)
 - Tier 2: [Companion Guide](#) (PDF)
 - Module 5: [Introducing Decision Support Tools](#) (Video)
 - Module 5: [Introducing Decision Support Tools](#) (PDF)
 - Module 6: [Decision Support Through Person-Centered Planning](#) (Video)
 - Module 6: [Decision Support Through Person-Centered Planning](#) (PDF)
 - Module 7: [Decision Support in Care Transitions](#) (Video)
 - Module 7: [Decision Support in Care Transitions](#) (PDF)
 - Module 8: [Decision Support for Advanced Care and End of Life Planning](#) (video)
 - Module 8: [Decision Support for Advanced Care and End of Life Planning](#) (PDF)
 - Intellectual Disabilities and Dementia: [Companion Guide](#) (PDF)

- Module 9: [Supporting People with Intellectual Disabilities and Dementia](#) (Video)
 - Module 9: [Supporting People with Intellectual Disabilities and Dementia](#) (PDF)
- Serious Mental Illness and Dementia: [Companion Guide](#) (PDF)
 - Module 10: [Bipolar Disorders, Dementia, and Delirium](#) (Video)
 - Module 10: [Bipolar Disorders, Dementia, and Delirium](#) (PDF)
 - Module 11: [Schizophrenia and Dementia](#) (video)
 - Module 11: [Schizophrenia and Dementia](#) (PDF)
- [Healthcare Professional Dementia Curriculum](#): The [Hawai'i Alzheimer's Disease Initiative](#) created and delivered a dementia training curriculum targeting primary care physicians and allied health professionals. The curriculum outlines the 10 topical modules (e.g., brain health and risk factors for dementia, clinical provider practice tools, care coordination training). The resource also outlines the learning objectives, core content, teaching methods, handouts, and evaluation method for each module. (PDF)
- [Dementia Basics](#) for Elder Abuse Units: [Alzheimer's San Diego](#) developed a training session on the basics of dementia for an Elder Abuse Unit. The training includes descriptions of dementia and Alzheimer's disease, screening tools used for early detection, and ways that dementia may impact the work of elder abuse investigators. (PPT)

Respite

- [Respite Provider Report and Authorization](#) Form: As part of its grant, [Nevada Senior Services](#) provides intensive respite services including respite coaching with caregivers during the 30-day Bridge care transition period and longer if necessary to care partners for up to 30 days following hospital discharge. This form is used by respite providers to report on the daily contact and to get authorization. (Form PDF)
- [ReCharge Respite Program](#) Manual: The [County of San Diego, Aging and Independence Services](#) and their grant partner, Alzheimer's San Diego, worked to expand respite options for families who are caring for a person living with dementia. This guide provides information regarding the development and implementation of a community-based respite program in San Diego County. (PDF)