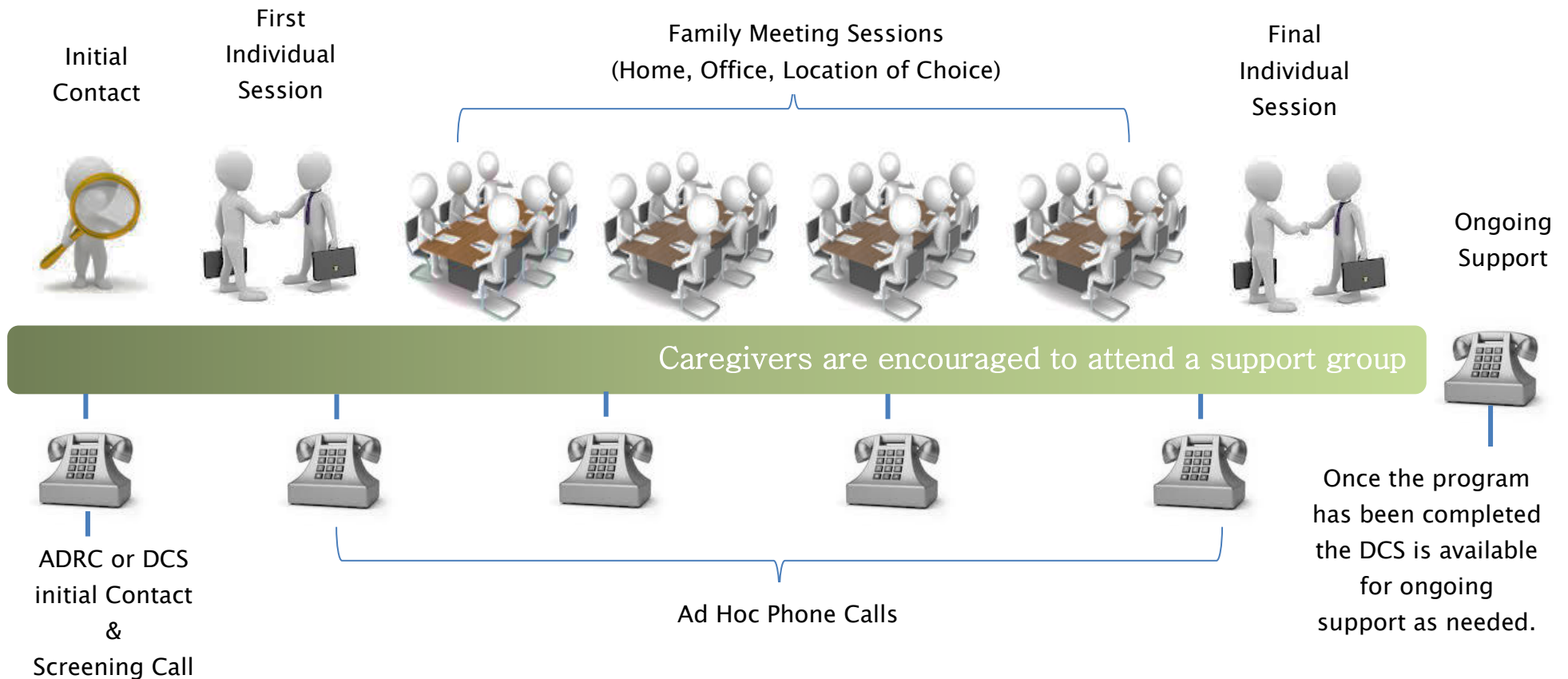




The Aging and Disability Resource Center of the North  
 Serving Ashland, Bayfield, Iron, Price & Sawyer Counties  
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# MEMORY CARE connections

**Memory Care Connections** is a caregiver focused program built of 5 parts that provided to the participants at key times throughout 6 months. This timeline will help the caregiver and family to understanding when and where each component will take place. The role of the Dementia Care Specialist throughout the program is to provide the structure, support, guidance and education required by the caregiver and family to make their journey forward a success.



- **Note: Initial contact can be with ADRC staff or the Dementia Care Specialist. The Dementia Care Specialist will authorize final enrollment.**

# MEMORY CARE *connections*

**Memory Care Connections** will take approximately 6 months to complete from enrollment to the final meeting between the caregiver and Dementia Care Specialist. Below are the specific program parts, and a description of what to expect for each. The content and direction of the program is specific to each caregiver and family.

## **Initial Contact/Screening**

This is when the caregiver calls to explore the program in more detail. The caregiver is able to ask questions about the program to see if it is what he/she is looking for. This may take place over multiple calls. The contact may be with ADRC staff or the Dementia Care Specialist. During this time the caregiver may be asked a question that will determine if he/she is eligible for the program. If yes, a referral to the Dementia Care Specialist will be made for final enrollment determination. If no, additional resources and assistance will be offered to help the caregiver meet his/her needs. Follow up to determine time for next meeting will be done if eligible or to gather additional information that may be required.

## **First Individual Session**

During this session the Dementia Care Specialist will complete an assessment that consists of questions to help the Dementia Care Specialist understand the caregiver's specific situation. This assessment is thorough and does take some time to complete. The goal of this portion of the program is to gather information. The "Doing Part" takes place during the Family Meetings. Once the assessment is complete, the Caregiver and Dementia Care Specialist decide on who will be attending the family meetings and set the approximate dates so they fit in the next 4 month period. Follow up calls may be necessary to finalize dates for the family meetings.

## **Family Meetings**

These meetings will happen 4 times over the next 4 months. In the first meeting the Dementia Care Specialist will share the purpose of Memory Care Connections, what is expected of all participants and other rules requested by the caregiver. The Dementia Care Specialist identifies each family member's role and perception of the illness and effects on the caregiver/family. Family goals are determined at the end of this meeting. The second and third meetings consist of working through the goals identified in meeting one. The final meeting is meant to evaluate and reflect with the family the work that has been done up to this point. Acknowledge and show appreciation for the efforts put forth by all attendees. Lastly share the availability for ongoing support in the future if change occurs.

## **Final Individual Session**

During this session the Dementia Care Specialist reviews the questions asked in the First Individual Session and shares the changes that have been identified. The caregiver will be encouraged to share his/her thoughts of the program and concerns about moving forward. The Dementia Care Specialist commonly suggests if not done already the importance on attending a caregiver support group to aid in the caregivers success. Lastly informing the caregiver about the ongoing support and how he/she is able to access the Dementia Care Specialist or ADRC to assist in the future as needed.

## **Ad Hoc Calls**

These are calls that can be made throughout the Memory Care Connections program to all members. These calls are intended to assist the person with challenges that he/she may be having between family meetings or individual sessions. These calls are not intended to be focused on the actions or behaviors of another program participant.



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