# Caregivers for dementia patients on Long Island now have 24/7 support system

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The federal government will pay nearly 400 organizations, including Northwell Health, to provide free support services to people with dementia and their unpaid caregivers. Credit: Northwell Health/Lee Weissman

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The federal government has tapped Northwell Health and three other Long Island groups to provide a suite of free support services to people with dementia and their unpaid caregivers.

Earlier this month, the federal government rolled out a program designed to help more dementia patients remain at home and reduce pressure on their caregivers. The initiative will pay nearly 400 organizations between \$65 to \$390 a month for each patient-and-caregiver pair they enroll, according to the U.S. Center for Medicare and Medicaid Services (CMS), an agency overseeing the public insurance programs.

In exchange, these groups will assign each enrollee a care navigator to help them access medical care and nonclinical support services available in their community. Such benefits may include meals, transportation and "respite services" that give caregivers a break from their responsibilities.

Patients with traditional Medicare and suspected or diagnosed dementia — the diminished ability to remember or think — may be eligible, according to CMS. Enrollees won't have to pay for service provided by the program, called Guiding an Improved Dementia Experience (GUIDE) Model.

Northwell, the state's largest health system, and Tembo Health, a Manhasset-based group launched by Dr. Anurag Gupta, are already enrolling patients.

JVS Health LLC, based in Hampton Bays, and NYC-Metro Physician Services PC, based in New Hyde Park, are slated to launch GUIDE models next year, according to CMS.

"It's our hope to provide some relief and support to individuals and their loved ones throughout their journey with dementia and as they face other health issues," Dr. Maria Torroella Carney, Northwell's chief of Geriatrics and Palliative Medicine, said in a statement.

Northwell estimates it can enroll 200 patients — and their caregivers — this year, and expand to 400 slots in the second year of the eight-year initiative. Caregivers may be eligible for about 96 hours annually in respite services, where a nursing agency is dispatched to fill in, Northwell said.

Dementia is expected to impact 14 million Americans by 2060, CMS said. People with dementia often have multiple chronic conditions, and may require constant care. This can be financially and emotionally challenging for caregivers, with the burden disproportionately falling on people of color, CMS said.

GUIDE aims to help caregivers keep their loved ones at home and reduce Medicare and Medicaid spending on hospital stays, emergency room visits and nursing homes, CMS said.

"The GUIDE participants are envisioning new ways to support not only people living with dementia, but also to reduce strain on the people who care for them, so that more Americans can remain in their homes and communities, rather than in institutions," CMS administrator Chiquita Brooks-LaSure said in a statement.

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Dr. Maria Torroella Carney says Northwell is excited to be part of a new government initiative to support people with dementia and their caregivers. Credit: Northwell Health

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Sarina Trangle covers affordability and cost of living issues and other business topics. She previously worked as an editor and reporter at amNewYork.

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