

**Dementia Care Program Department  
of Geriatric Medicine Kaiser**  
Permanente Santa Rosa  
401 Bicentennial Way, MOB 1, Suite 225  
707-393-3340  
Monday through Friday 8:30 to 5:00 p.m.



Our interdisciplinary team provides a comprehensive evaluation to identify all possible causes of a memory problem and develops a personal evidence-based treatment plan that addresses the needs of patients with dementia, as well as the needs of their family and caregivers. Our program consists of the 5 steps, outlined below:

- Step 1: Group Appointment** (cost: none) – **REQUIRED** prior to proceeding to *Step 2*
- This is a 1 hour class for patients referred for memory loss and their family members or caregivers.
  - **Purpose:** During the group appointment, we will discuss an overview of dementia, conditions that may mimic the symptoms of dementia, describe the memory evaluation process, current available treatment options, and the services we provide.
  - **Who should attend:** Family members and/or individuals involved with the patient's care. Patients may also attend, if they are able to sit comfortably through a 1-hour group class.
  - **What to bring to appointment:** Completed pre-visit questionnaire.
- Step 2: Individual Evaluation** (cost: office visit co-payment)
- This is 1 to 1.5 hour evaluation with one of our physicians. The purpose of the appointment is to provide a diagnosis of the patient's memory loss and collaboratively discuss a plan of care.
  - **Purpose:** To evaluate causes of memory loss, provide or confirm diagnosis, discuss treatment/care options, and re-adjust medications as needed.
  - **Who should attend:** The patient and a family member and/or caregiver should attend.
  - **What to bring to appointment:** Completed pre-visit questionnaire (if not already submitted). All medications in their original bottles, including over the counter medications, herbal, and supplements. Your hearing aids and/or glasses, even if these have not been used at home.
- Step 3: Caregiver 101 Class** (cost: none) – **REQUIRED** after a diagnosis of dementia
- This is a 1.5 hour class for the family members or caregivers of patients with the diagnosis of dementia. Discussion will focus on strategies for dealing with dementia associated symptoms and the importance of advanced planning.
  - **Who should attend:** Family members or caregivers of patients who have a diagnosis of dementia. *Patient should not attend.*
- Step 4: Follow up** (cost: office visit co-payment; email/video/telephone appointment: no cost)
- The Geriatric Medicine team is available for ongoing consultation, as questions or challenges arise. Frequently, we are able to address behavioral and medication issues by telephone, video or email, saving the family/patient a trip to the doctor's office. Patients are re-evaluated every 6 to 12 months as routine follow up visit with the physician and social worker, or more often as necessary.
- Step 5: Caregiver Training Class** (cost: none) – contact *Redwood Caregiver Resource Center* at 707-542-0282 to sign up
- This is a 1.5 hour class for the family members or caregivers of patients with a diagnosis of dementia. Different topics are presented each month, such as understanding behavior changes.
  - **Who should attend:** Family members or caregivers of patients who have a diagnosis of dementia. *Patient should not attend.*

*We have teamed up with Alzheimer's Association and Redwood Caregiver Resource Center to provide you the best possible care*