

Aging Brain Care (ABC) Program: STANDARD OPERATING PROCEDURE (SOP)

Subject: *Brain Care Plan: Caregiver Stress Prevention Bundle*

A. Caregiver Stress Prevention Bundle

1. Definition: A self-management stress prevention bundle delivered to caregivers of patients suffering from cognitive disability in defined increments, based on degree of caregiver burden as measured by the HABC Monitor-Caregiver score.
2. Included elements within the Caregiver Stress Prevention Bundle regardless of the HABC Monitor-Caregiver score:
 - a. At Least 8 consecutive hours per week time-off caregiving psychological and physical responsibilities
 - b. Monthly support group participation
 - c. At least 15 minutes of physical exercise per day
 - d. At least 120 minutes of brain exercise per day
 - e. At least 2 social events (each of two hour duration) per week
 - f. At least 20 minutes of mindfulness three time per day
 - g. Consumption of Mind Diet 7 days per week
 - h. Develop a Crisis Plan Including
 - i. Acute Care Utilization
 - A. Developing an “If –Then” Plan for Future Hospital Visits
 - B. Developing an “If –Then” Plan for Future ED Visits
 - ii. Safety
 - A. Developing an “If –Then” Plan for Home Safety Concerns
 - B. Referral for Driving Evaluation and Rehabilitation
 - C. Develop Medication Adherence Support Plan
 - iii. Legal, Medical and Financial Planning
 - A. Counseling, Education and Referral re Financial Planning
 - B. Counseling, Education and Referral re Legal Planning
 - C. Counseling, Education and Referral re Guardianship
 - D. Completion of the Physician Orders for Scope of Treatment (POST).
 - E. Developing a Plan for Future Cancer Screening Procedures.
 - F. Referral to Elder Abuse Investigative Agency (Adult Protective Services)

B. Delivery of The Caregiver Stress Prevention Bundle

1. The Caregiver Stress Prevention Bundle is included as an element of the Brain Care Plan and should be provided to all caregiver of patients suffering from cognitive disability such as dementia.
 - a. Timing of initiating the delivery of the bundle is immediately following the detection of cognitive disability such as dementia.
 - b. If the HABC Monitor-Caregiver Version score is > 14 :
 - i. Care Coordinator Assistant (CCA) reviews the HABC Monitor-Caregiver score with the caregiver to identify the top three stressors contributing to the score.
 - ii. The CCA starts weekly 30 minutes sessions coaching the caregiver on Problem Solving Strategy to address the identified stressors (PREVENT Care Protocols).
 - iii. The CCA provides the caregiver with the correspondent handouts for each identified stressor. (PREVENT Caregiver Handouts).
 - a. CCA complete the HABC Monitor-Caregiver at least every 2 weeks until caregiver is consistently following recommendations and HABC Monitor-Caregiver Version score is < 15 .
2. Non-responders:
 - a. If the caregiver’s HABC Monitor-Caregiver Version score is not < 15 after 8 weeks, CCA will present the patient at the Weekly Team Meeting.

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- b. If the caregiver's HABC Monitor-Caregiver Version score remains the same or increases after implementation of interventions recommended by the RN Team Captain and/or Social Worker at the Weekly Team Meeting, CCA will present the patient at the Population Health Management Meeting.
3. Caregivers with no burden (HABC Monitor-Caregiver score <15):
 - a. CCA follows up with caregiver at least every 3 months.
 - b. If at any time the caregiver's HABC Monitor-Caregiver score increases to ≥ 15 , CCA will present the patient at the Weekly Team Meeting.