

## At Home Harmony Insights

March 2026

### Care Model Spotlight

#### At Home Harmony's GUIDE Program for Dementia

##### Helping Patients and Caregivers Stay Happy. Healthy. Home.

At Home Harmony is proud to participate in the Medicare **GUIDE Program** — a national dementia care program designed to better support individuals living with dementia and the family caregivers who care for them.

We are one of the select few medical practices nationwide approved to participate in this innovative program. GUIDE stands for *Guiding an Improved Dementia Experience* — which reflects Medicare's principal goal to help families age in place in the comfort of their own home.

##### What Is the GUIDE Model?

The GUIDE Model allows us to deliver:

- Comprehensive, person-centered dementia assessments
- Individualized care plans
- Medication review and safety monitoring
- Ongoing care coordination
- 24/7 access to support
- A dedicated dementia care navigator
- Caregiver education and support
- For qualified participants, we can provide respite resources in the form of personal care hours

This approach allows us to focus on the *whole person* — not just isolated medical problems. It is also notable that there is no copay or deductible for GUIDE services.

##### What This Means for Patients and Families

Living with dementia can be overwhelming. Families often find themselves coordinating multiple appointments, managing medications, and navigating complex healthcare and community systems.

Through GUIDE, patients and caregivers receive:

###### ✔ A Dedicated Care Team

Through our medical practice and the GUIDE program, each participant has access to:

- A dementia-trained nurse practitioner
- A care concierge
- A dementia care navigator
- Ongoing medical oversight from our physicians

We build long-term relationships with both the patient **and** the caregiver.

###### ✔ 24/7 Support for Caregivers

Caregivers are never alone. If concerns arise — behavioral changes, medication questions, or sudden health issues — help is available. One of the primary goals of GUIDE is to reduce strain on unpaid caregivers.

Dementia affects the whole family, and caregiver well-being is central to our care model.

###### ✔ Help Navigating Resources

We assist with connecting families to:

- Community programs
- Home-based services
- Senior living supports
- Personal care and respite options

##### Early Results: Year 1 Highlights

We are proud of the strong results from our first year in the GUIDE program:

**Our actual admission rate** for our GUIDE patient's into a long-term nursing home setting **was less than a third of what Medicare anticipated** - meaning At Home Harmony significantly reduced long-term nursing home admissions for our patients.

**Healthcare costs stayed close to expected levels**, while we continue working to prevent hospital visits and improve care in Year 2.

Most importantly, these results confirm that high-quality dementia care delivered in the home can reduce unnecessary institutionalization while improving quality of life.

##### Who Is Eligible?

Patients with a confirmed dementia diagnosis who have traditional Medicare may qualify. Many of our current patients already meet eligibility criteria. If you are unsure whether you or your loved one qualifies, our team can help determine eligibility.

##### Our Commitment

Our long-standing focus on high-acuity, home-based primary care makes us especially well-suited for GUIDE. We already provide:

- In-home primary medical care
- Medication management
- Chronic disease oversight
- Personal care services

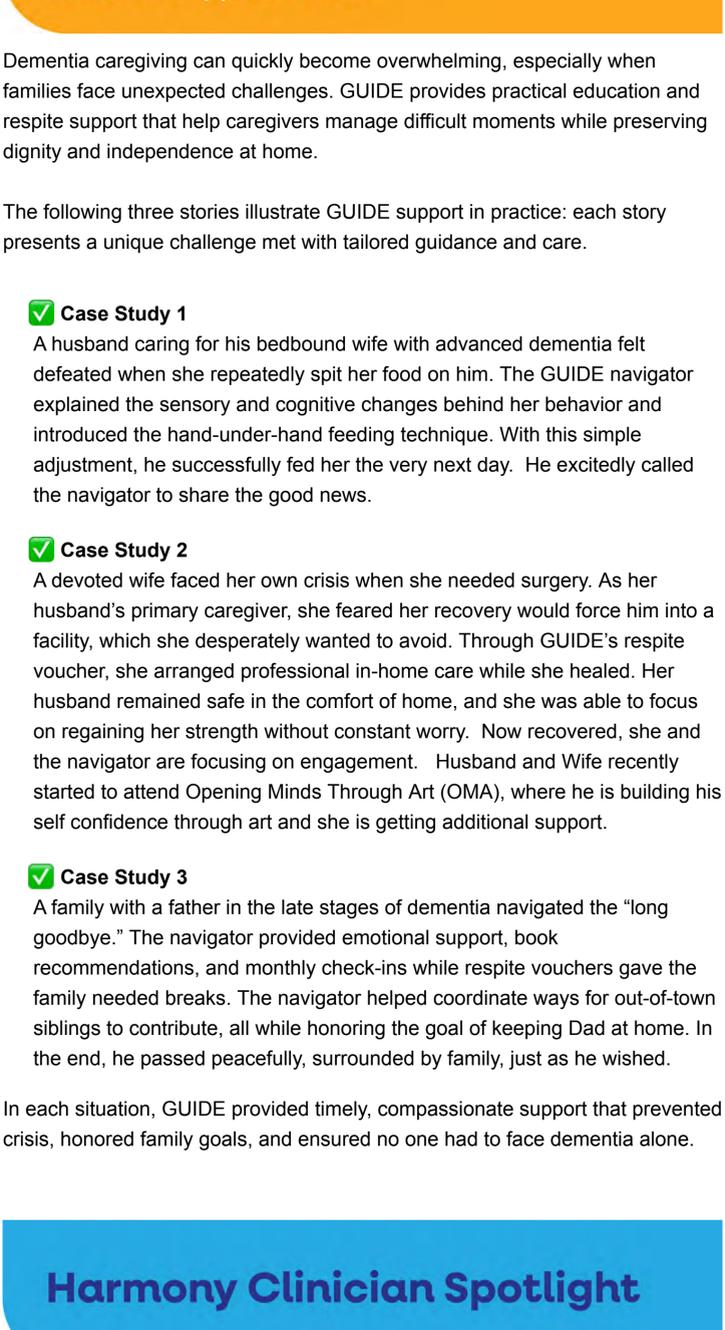
GUIDE strengthens and enhances the care model we already built — allowing us to deliver even more comprehensive dementia-focused support.

Dementia care requires patience, coordination, compassion, and expertise. Through GUIDE, we are able to invest even more deeply in:

- Keeping patients safely at home
- Supporting caregivers
- Reducing unnecessary hospitalizations
- Preserving dignity and quality of life

We feel privileged to walk alongside our patients and families in this journey.

If you or a loved one would like to learn more about the GUIDE Program or discuss enrollment, please contact our office. We are here to help.



## Harmony Highlight

### Dementia Support Stories

Dementia caregiving can quickly become overwhelming, especially when families face unexpected challenges. GUIDE provides practical education and respite support that help caregivers manage difficult moments while preserving dignity and independence at home.

The following three stories illustrate GUIDE support in practice: each story presents a unique challenge met with tailored guidance and care.

###### ✔ Case Study 1

A husband caring for his bedbound wife with advanced dementia felt defeated when she repeatedly spit her food on him. The GUIDE navigator explained the sensory and cognitive changes behind her behavior and introduced the hand-under-hand feeding technique. With this simple adjustment, he successfully fed her the very next day. He excitedly called the navigator to share the good news.

###### ✔ Case Study 2

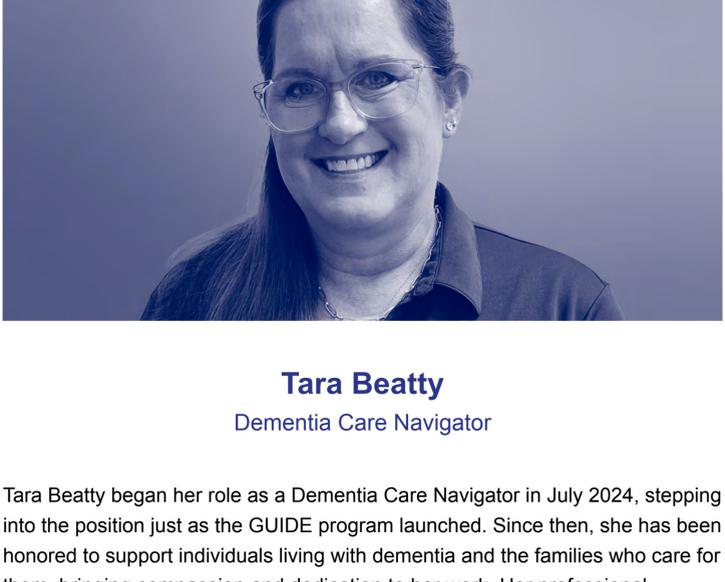
A devoted wife faced her own crisis when she needed surgery. As her husband's primary caregiver, she feared her recovery would force him into a facility, which she desperately wanted to avoid. Through GUIDE's respite voucher, she arranged professional in-home care while she healed. Her husband remained safe in the comfort of home, and she was able to focus on regaining her strength without constant worry. Now recovered, she and the navigator are focusing on engagement. Husband and Wife recently started to attend Opening Minds Through Art (OMA), where he is building his self confidence through art and she is getting additional support.

###### ✔ Case Study 3

A family with a father in the late stages of dementia navigated the "long goodbye." The navigator provided emotional support, book recommendations, and monthly check-ins while respite vouchers gave the family needed breaks. The navigator helped coordinate ways for out-of-town siblings to contribute, all while honoring the goal of keeping Dad at home. In the end, he passed peacefully, surrounded by family, just as he wished.

In each situation, GUIDE provided timely, compassionate support that prevented crisis, honored family goals, and ensured no one had to face dementia alone.

## Harmony Clinician Spotlight



### Tara Beatty

Dementia Care Navigator

Tara Beatty began her role as a Dementia Care Navigator in July 2024, stepping into the position just as the GUIDE program launched. Since then, she has been honored to support individuals living with dementia and the families who care for them, bringing compassion and dedication to her work. Her professional background includes providing social services, dementia education, leading meaningful activities, and advocating for families, seniors, and those with dementia.

Tara holds a Master of Science in Gerontology and is a Licensed Assisted Living Facility Administrator. She brings a diverse "toolbox" of specialized trainings and certifications to her work. Tara is a Positive Approach to Care Certified Trainer and Coach, a Certified Dementia Practitioner, a Certified Dementia Engagement Specialist, and a Certified Dementia Care Specialist, Trainer, and Ambassador. Her extensive education and credentials reflect her ongoing commitment to excellence in dementia care and her dedication to empowering caregivers, professionals, and families with knowledge, confidence, and hope.

## Office Notes

- We are happy to share that At Home Harmony has expanded into Lynchburg, Virginia.
- At Home Harmony is now providing home-based medical care to qualifying seniors in Asheville, North Carolina. Read the press release [here](#).
- We have a new office to serve our Petersburg patient population! Our office is located at 8 Old West Street in downtown Petersburg.
- Follow us on [LinkedIn](#) for updates and health-related topics!

Contact us to schedule a referral or to refer to a potential patient.

(833) 533-7177

Contact Us

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