

Mount Sinai Health System Selected by the Centers for Medicare & Medicaid Services to Test a **New Model for Care for Patients With Dementia and Their Caregivers**

Nearly 7 million Americans currently live with Alzheimer's disease or another form of dementia, which is a heavy burden for the person as well as family care partners. The Mount Sinai Health System has been selected by the Centers for Medicare & Medicaid Services (CMS) to participate in a pilot program designed to support both.

The GUIDE Model (Guiding an Improved Dementia Experience) is an innovative program that aims to improve the quality of life for people with dementia and address the needs of their unpaid care partners while providing the resources for patients to remain safely at home and prevent or delay long-term nursing home care for as long as possible.

The program will provide comprehensive, patient-centered assessments and care plans, care coordination, and 24/7 access to a Mount Sinai dementia care team and helpline. Patients and their care partners will have access to a Care Navigator to help them access clinical and non-clinical services, such as meals and transportation, through community-based organizations. A unique aspect of the program is its emphasis on supporting unpaid care partners along the dementia care journey.



In addition to offering care partner skills training, it also provides respite relief, allowing care partners to go to their own doctor appointments or to step away for a few hours to avoid burnout.



"The GUIDE Model gives us the opportunity to expand the care we already provide to people with dementia and their families," says Audrey Chun, MD, Professor in the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai. "The funding we receive from Medicare will allow us to hire additional staff and provide more resources to the patients who need it most, and that includes care partners who are too often the unsung heroes in providing day-to-day health care."

Mount Sinai patients diagnosed with dementia from the Health System's geriatrics, neurology, internal medicine,

and home visiting practices are eligible to participate in the program if they are covered by traditional fee-for-service Medicare. At present, persons enrolled in Medicare Advantage programs are not eligible for GUIDE. Enrollment will begin in July 2025. Persons with Medicare Advantage have the opportunity to change their insurance to traditional Medicare during the annual enrollment period in the fall and thus join the GUIDE program in January of 2026.

Mount Sinai is one of approximately 400 participating health care providers providing GUIDE nationwide. These organizations include academic medical centers like Mount Sinai, group medical practices, community-based organizations, health systems, hospice agencies, and other health care organizations.

"This program is likely to be transformative," says Dr. Chun. "Our team of geriatricians, social workers, nurses, and other health care providers is looking forward to providing even better comprehensive, coordinated care to our patients and their care partners and improving the quality of life for both."

Esteemed Leadership Recruits Bring **New Expertise** to the Brookdale Department

Mount Sinai's Brookdale Department of Geriatrics and Palliative Medicine continually seeks to broaden its outreach and initiatives to provide the best possible care to our patients, while also creating models of care that can be replicated by institutions across the United States and around the world.

Towards that end, we have recruited three highly regarded experts in the field to help lead the department's efforts.



Allison J. Applebaum, PhD, appointed Professor, is a clinical psychologist whose primary focus is developing innovative approaches to meeting the urgent

needs of family caregivers. Most recently, she served as an Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center, where she was the founding director of the Caregivers Clinic, which provides psychosocial care to family care partners.

Her career was inspired by her own journey as a caregiver for her father. She deeply understands the distress, invisibility, and multidimensional hardship experienced by caregivers, and is committed to addressing the profound mental health needs of caregivers worldwide.

Dr. Applebaum has won awards for her research from the National Cancer Institute, the National Institute of Nursing Research, the American Cancer Society, and the T.J. Martell Foundation. She is the author of three books on caregiving.



Robert M. Arnold, MD, was appointed the Brookdale Department's Vice Chair for Professional Development, as well as the Gerald J. and Dorothy R. Friedman Chair in Palliative

Care. He will help implement Mount Sinai's strategy to train doctors and medical students in palliative medicine as early in their careers as possible.

A palliative care attending physician, Dr. Arnold comes to Mount Sinai from the University of Pittsburgh, where he was the Distinguished Service Professor of Medicine, Director of the Institute for Doctor-Patient Communication, and Medical Director of UPMC's Palliative and Supportive Institute. Dr. Arnold has received research funding from the National Institutes of Health and private foundations and has published extensively on ethical issues in serious illness, palliative care, doctor-patient communication, and bioethics. He is also studying health care systemwide interventions to improve the experiences of seriously ill patients and their families.

Along with Anthony L. Back, MD, of UW Medicine and James A. Tulsky, MD, of the Dana-Farber Cancer Institute, Dr. Arnold co-founded Vital Talk, the premier communication training organization for clinicians caring for patients with serious illness.

"We are thrilled that Drs. Applebaum, Arnold, and Intrator have joined the Brookdale staff," says R. Sean Morrison, MD, the Ellen and Howard C. Katz Professor and Chair of the Brookdale Department of Geriatrics and Palliative Medicine. *"They each bring vast experience and expertise to our department, enabling us to provide the best possible care to all older adults, persons with serious illness, and their caregivers."*



Orna Intrator, PhD, was appointed the Anna A. Greenwall Professorship of Geriatric Medicine at the Icahn School of Medicine at Mount Sinai. She will also continue her work

within the Veteran's Affairs Health System (VA) with a new appointment at the James J. Peters VA in the Bronx. Dr. Intrator conducts research across health care systems with a focus on the implications for health policies and organizational management.

Previously serving as Professor of Public Health Sciences at the University of Rochester, Dr. Intrator is trained in statistics and applied mathematics. Her research applies novel statistical methods and complex data combinations to address questions pertaining to service utilization, cost, quality, and risk adjustment related to frail populations living in nursing homes and in the community.

Dr. Intrator will continue to develop the VA Residential History File, which pulls together claims and assessment data from VA, Medicare and Medicaid enrollment, utilization, and assessments along with other data. This data is standardized and organized along a timeline to facilitate analyses by providing a longitudinal picture of services provided.

Brookdale Innovations Have a National Impact and the Department Plans to Build on That Success

The goal of Robert M. Arnold, MD, Brookdale's new Vice Chair for Professional Development, is to train physicians to become "change agents" in the medical field by using their specialized skills in geriatrics and palliative medicine to treat the growing population of older adults and seriously ill patients across all fields of medicine.

Dr. Arnold expects Brookdale initiatives to reverberate well beyond Mount Sinai. "The Brookdale Department already serves as a national model for leadership training, diversity, equity, inclusion, and professional development, and my job is to build on that success," he says.

One Brookdale innovation that he believes can be replicated nationwide is ALIGN (Aging, Life Innovations, Goals, and Needs), a program focused on the complex needs of the frailest sub-group of patients. Evidence has shown that clinical teams comprising of a geriatrician, nurse practitioner, and social worker who support surgeons who operate on these high-risk patients are already having an impact across the Mount Sinai Health System and have resulted in a significant reduction in unwanted emergency department visits and hospitalizations, shorter lengths of stay, and fewer hospital readmissions.



One of Dr. Arnold's priorities is enhanced communications training for staff. He plans to expand GeriTalk, a course that teaches clinicians the skills to meaningfully communicate with patients and their families. He believes that training clinicians across all disciplines to be attuned to the unique needs of older patients and persons with serious illness will require a paradigm shift in not just graduate-level education but also in the prevailing culture and attitudes around caring for vulnerable individuals.

KUDOS: Special Faculty Awards and Achievements

The Brookdale Department of Geriatrics and Palliative Medicine received esteemed recognition in the *U.S. News & World Report*® Best Hospitals 2024-2025 survey: **The Mount Sinai Hospital is ranked the No. 1 Geriatrics hospital in the nation** for the fifth consecutive year; and **Mount Sinai Morningside** and **Mount Sinai West rank together at #37**.

Anup Bharani, MD, and **Noelle Marie Javier, MD**, were awarded advanced membership as a Master Educator in the Icahn School of Medicine at Mount Sinai's Institute for Medical Education.

Eileen Callahan, MD, and **Ravishankar Ramaswamy, MD**, were among the 2024 Cullman Family Awards for Excellence

recipients. This award honors Mount Sinai Health System physicians who demonstrated exceptional communication in clinical practice and ranked in the top 5% nationally in provider communication.

Danialle Coyne, NP, received the Mount Sinai Health System Nurse of the Year Award.

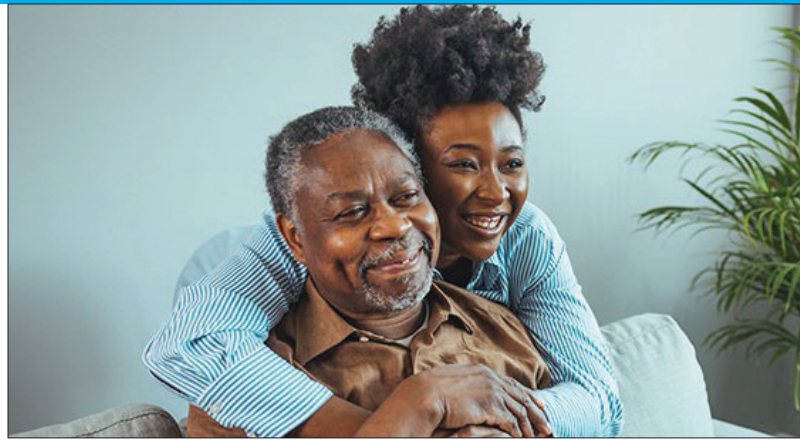
Emily Franzosa, DrPH, MA, received the 2024 Dan Gilden Creative Investigator Award from the American Academy of Home Care Medicine.

Siobhan Sundel, DNP, GNP-BC, ANP, was accepted as a Fellow at the New York Academy of Medicine.

About Us: The Brookdale Department of Geriatrics and Palliative Medicine

Located within the Icahn School of Medicine at Mount Sinai, the Brookdale Department of Geriatrics and Palliative Medicine's mission is to deliver the highest quality health care to older adults, persons with serious illness, and their caregivers while advancing the fields of geriatrics and palliative medicine through clinical care, education, research, and health policy. The Brookdale Department is home to nationally renowned organizations such as the Lilian and Benjamin Hertzberg Palliative Care Institute, the Jay and Patty Baker National Palliative Care Research Center, and the Martha Stewart Centers for Living.

Geriatric care focuses on improving the health, safety, and independence of all older adults. Whereas palliative care is specialized medical care for people living with a serious illness. Palliative care provides relief from the symptoms and stress of the illness with the goal of improving quality of life for both the patient and caregivers. Palliative care is based on the needs of the patient, not on the patient's prognosis. It is appropriate at any age and at



any stage in a serious illness, and it can be provided along with curative treatment. At Mount Sinai, both services are provided by a team of doctors, nurses, social workers, chaplains, and other specialists.

In addition to offering unrivaled clinical care, the Brookdale Department is home to the largest, most comprehensive training program of future geriatricians and palliative medicine physicians, is a leader in evidence-based research for the fields, and is advancing health policy to meet the needs of all patients and families. The Mount Sinai Hospital has been ranked No. 1 in Geriatrics in the nation for five consecutive years by *U.S. News & World Report*®.



Icahn School
of Medicine at
Mount
Sinai

Brookdale Department of Geriatrics and Palliative Medicine

One Gustave L. Levy Place

Box 1070

New York, NY 10029

212-659-8552

mountsinai.org/care/geriatrics

mountsinai.org/care/palliative-care



@MSHSGeriPalCare