

MAPPING A BETTER FUTURE FOR DEMENTIA CARE NAVIGATION

70% of dementia caregivers feel stressed when coordinating care and more than half said navigating health care is difficult.

3 in 5 say less stress and more peace of mind are potential benefits of having a **care navigator** and

56% say it could help them be better caregivers.

Care navigators are staff who guide patients and caregivers through the health care system and help overcome barriers that prevent them from getting the care they need. The Alzheimer's Association® defines dementia care navigation as a program that provides tailored, strengths-based support to persons living with dementia and their care partners across the illness continuum and settings to mitigate the impact of dementia through collaborative problem solving and coaching.

2 in 5 dementia caregivers cite cost as a stressor in getting care for their recipient.

1 in 3 report coordinating care with multiple doctors, securing appointments and getting help taking a break as leading stressors in navigating care for their recipient.

Nearly 1 in 3 dementia caregivers say it would be helpful to have assistance with insurance or public benefits, scheduling appointments, caregiver training, managing behavioral symptoms, understanding the health care system and finding services to help with respite care.

75% of navigator services are referrals to community support services and resources,

68% are looking for help with emotional and cultural support and

66% are for safety screening needs.

60% of health care workers believe that the U.S. health care system is not effectively helping patients and their families navigate dementia care.

Nearly half say their organizations do not have a clearly defined process for care coordination and clinical pathways for patients with MCI, Alzheimer's disease or other dementia.

For more information,
visit alz.org/facts

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