

5-Minute Provider Summary: The OTHER Day One Kit

Comprehensive Psychosocial Support for Post-Diagnosis Families

The Gap You Face Daily

73% of families leave diagnosis with only medication information
60% of providers report "moral injury" from inadequate tools to offer
The Lancet Commission (2020) recommends psychosocial interventions as first-line treatment
Your reality: 14-minute appointments don't allow comprehensive psychosocial guidance

This toolkit bridges that gap without adding to your workload.

What This Provides Your Patients

Four Evidence-Based Domains (Cochrane Review 2023):

- **Psychosocial:** Relationship preservation techniques
- **Environmental:** Home modifications that reduce symptoms
- **Spiritual:** Meaning-making without religious requirement
- **Narrative:** Identity continuity through story

Research shows integrated approaches achieve 40-60% improvement across multiple domains vs. 15-20% for single interventions.

The Four Core Tools (Your Prescription Pad for Psychosocial Care)

1. The Lighthouse - Four Permissions Framework

For families asking "What do we do now?"

- Permission to grieve while preserving identity
- Permission to refuse harmful interventions
- Permission to navigate by meaning vs. medical markers
- Permission to discover emerging capacities

2. The Dunes - Fear Management Guide

For families paralyzed by diagnosis

- Immediate crisis stabilization techniques
- Validated approaches for transforming fear to action
- Based on documented 7-year successful navigation

3. The Mountain - Complete Journey Map

For families wanting comprehensive guidance

- Stage-specific navigation from diagnosis to end-of-life
- Environmental assessments and modifications
- Daily practices that maintain personhood

4. The Bridge - System Navigation

For families frustrated by empty promises

- Why the "breakthrough soon" pattern undermines current care
 - Evidence for what works today vs. waiting for tomorrow
 - How to access proven interventions now
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How to Integrate This Into Your Practice

Minimal Time Investment:

1. **At diagnosis:** "Here's medication information AND here's a comprehensive toolkit for everything else"
2. **Hand them this card** with QR code/link to accompaniment.ca/dayonekit
3. **Key phrase:** "This addresses what medicine can't - the human side of your journey"

You Don't Need To:

- Explain the framework in detail
- Provide psychosocial counseling yourself
- Change your current protocols
- Add appointment time

Families Report:

- Arriving at follow-ups with clear questions vs. panic
 - Reduced crisis calls between appointments
 - Better medication compliance due to overall stability
 - Expressing gratitude for comprehensive support
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Medical Evidence Base

Environmental Interventions:

- Dutch Green Care Farms: 50% reduction in agitation
- 34% reduction in psychotropic medication use
- Comparable costs to standard care

Psychosocial Approaches:

- Structured activities reduce behavioral symptoms 20-30%
- Music/art therapy show consistent benefits
- Environmental modifications cost fraction of pharmaceuticals

International Validation:

- TimeSlips creative storytelling (48 states, 20 countries)
 - Japanese group homes emphasizing normalcy
 - UK's Green Social Prescribing initiative
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Addressing Common Provider Concerns

"Is this evidence-based?"

Yes. Aligns with Lancet Commission recommendations, validated by international research, based on 7 years documented outcomes.

"Will families think I'm abandoning medical treatment?"

No. Framework explicitly supports medical care while adding psychosocial dimensions. Positions you as providing comprehensive care.

"What if families ask me questions about it?"

The toolkit is self-contained with built-in support. Families navigate independently while you maintain medical oversight.

"Is this another caregiver burden?"

Opposite. Families report reduced burden through systematic support and community connections.

What Families Receive (No Cost)

- ✓ **Four comprehensive guides** addressing all aspects of journey
- ✓ **Two books:** Lived experience proof + intergenerational preparation
- ✓ **Daily practice guides** for implementing frameworks
- ✓ **Community formation tools** for peer support
- ✓ **Crisis intervention protocols** for immediate stabilization
- ✓ **Research documentation** validating approaches

Your Professional Benefits

Immediate:

- Address the "What else can we do?" question effectively
- Reduce repeat crisis appointments
- Increase family satisfaction scores
- Decrease your moral injury from inadequate tools

Long-term:

- Position yourself as comprehensive care provider
- Build reputation for whole-person approach
- Contribute to culture change in dementia care
- Align with emerging care standards

The One-Minute Handoff Script

"Along with the medication information, I want you to have this comprehensive toolkit that addresses everything medicine doesn't cover - the emotional, environmental, and relationship aspects of this journey. It's based on what The Lancet Commission recommends and what families worldwide have found helpful. Everything is free and you can start using it today. Visit accompaniment.ca/dayonekit or scan this code."

Professional Resources Available to You

- Research summaries for skeptical colleagues

- Integration protocols for care teams
 - Outcome tracking tools
 - Professional development opportunities (coming 2025)
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Bottom Line

You're already doing everything you can medically. This completes your care by providing families with evidence-based psychosocial tools you don't have time to deliver yourself. No training required, no system changes needed, immediate family benefit.

One referral. Complete care. Fulfilled professional promise.

Contact for Healthcare Provider Questions:

professional@accompaniment.ca

Access the Complete Toolkit:

accompaniment.ca/dayonekit

"We spend 200 times more on drug research than on care research for dementia, despite care affecting 100% of families while drugs help less than 20%."

—Dr. Joseph Gaugler, University of Minnesota (2021)