



General Practice Management Plan – Item Number 721

DEMENTIA – STAGE 1

GOAL OF CARE – Maintain Independence and Optimise Function

Patient's Name:	Date of Birth:
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Contact Details:	Medicare or Private Health Insurance Details:

Details of Patient's Usual GP:	Details of Patient's Next of kin/Guardian

Date of last Care Plan/GP Management Plan (if done):

Date of last Family Meeting (recommended 6 monthly):

Date of next Family Meeting:

Other notes or comments relevant to the patient's management plan:

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PAST MEDICAL HISTORY:

MEDICATIONS:

ALLERGIES:

FAMILY/SOCIAL HISTORY:

Stage 1 Dementia Management Plan: Goal of care = Maintain Independence and Optimise Function

DOMAIN	PATIENT PROBLEM	TREATMENTS/SERVICES/ PATIENT & FAMILY ACTION	ARRANGEMENTS FOR TREATMENTS/SERVICES (who, when) – as needed
Cognition	<ul style="list-style-type: none"> Forgetfulness Short-term memory loss Repetitive questions 	<ul style="list-style-type: none"> Consider Health Assessment and cognitive screening tests Cardiovascular Risk factor assessment and management Medication review – consider de-prescribing medications which impair cognitive functioning e.g. anticholinergic drugs, sedatives Consider role of drugs which may help maintain cognition e.g. Acetylcholinesterase inhibitors Legal affairs in order e.g. Power of Attorney, Guardianship, Will Advance Care Directive Family Education 	<ul style="list-style-type: none"> On-line resources e.g. Dementia Australia www.dementia.org.au Practice Nurse General Practitioner Consider use of practice recall/reminder system Consider geriatrician Consider family meeting – 3-6 monthly
Function	<ul style="list-style-type: none"> Impaired instrumental functions 	<ul style="list-style-type: none"> Driving assessment Home hazards assessment Family Education 	<ul style="list-style-type: none"> On-line resources e.g. Dementia Australia www.dementia.org.au Practice Nurse General Practitioner My Aged Care Dementia outreach service Care package Occupational therapist driving assessment Community physiotherapy/OT/social work Home help Meals on wheels
Psychiatric	<ul style="list-style-type: none"> Depression Anxiety 	<ul style="list-style-type: none"> Screening of mental health in patient Screening for mental health issues in carers Family Education 	<ul style="list-style-type: none"> Practice Nurse General Practitioner Psychologist On-line resources e.g. Dementia Australia www.dementia.org.au or Dementia Support Australia www.dementia.com.au
Behaviour	<ul style="list-style-type: none"> Social withdrawal Frustration 	<ul style="list-style-type: none"> Increased social engagement Family Education 	<ul style="list-style-type: none"> Practice Nurse General Practitioner Consider family meeting – 3-6 monthly Dementia outreach service On-line resources e.g. Dementia Australia www.dementia.org.au or Dementia Support Australia www.dementia.com.au
Physical	<ul style="list-style-type: none"> Failure to maintain physical health care needs 	<ul style="list-style-type: none"> Home Medication Review Reduction in cardiovascular risks, as appropriate Exercise assessment Nutritional Assessment Hearing assessment Dental review Continence assessment Falls assessment Immunisation – influenza, pneumococcus, herpes zoster Treat reversible conditions that may impact quality of life Family Education 	<ul style="list-style-type: none"> Practice nurse General Practitioner Consider use of practice recall/reminder system to assist in ensuring comprehensive care is maintained Pharmacist Community dietician Podiatrist Optometrist Audiologist Exercise physiologist Physiotherapist/OT

Copy of GP Management Plan offered to patient? ☐ Yes ☐ No

Copy / relevant parts of the GP Management Plan supplied to other providers? ☐ Yes ☐ No

GP Management Plan added to the patient's records? ☐ Yes ☐ No

Date service was completed:	Proposed Review Date:
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I have explained the steps and any costs involved, and the patient has agreed to proceed with the plan.

GP's Signature: _____

Date: _____

**This General Practice Management Plan was developed by GPs: Dr Mandy Lo; Dr Hilton Koppe;
Dr Marita Long and Dr Dimity Pond**

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