

# FAX



**SEQUOIA FAX NUMBERS:**

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**To:** Sequoia Admissions \_\_\_\_\_

**Date:** \_\_\_\_\_

**From:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**Pages:** \_\_\_\_\_

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**Subject:**

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**Comments:**

# SEQUOIA PATHWAYS: COGNITIVE WELLNESS PROGRAM

## Education & Support for Individuals, Families, & Care Teams

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### What is the Sequoia Pathways: Cognitive Wellness Program?

Sequoia Pathways: Cognitive Wellness Program supports the whole person by integrating dementia care with comprehensive mental health & behavioral health services. We deliver compassionate, evidence-based care through psychotherapy, goal setting, behavioral strategies, and psychiatric medication management.

We work alongside families, caregivers, and facility teams to develop individualized plans that honor each resident's history, needs, abilities, & preferences. By spending meaningful time with each person and truly understanding who they are, we strive to enhance comfort, dignity, stability, and overall quality of life.

### What to Expect

As part of this program, we will meet with the facility manager and family—either in person or virtually—to learn more about your loved one, review medications, explore current challenges, and establish shared goals of care. Your loved one may receive:

- Cognitive assessment (as appropriate)
- Medication review and recommendations
- Psychotherapy focused on coping, adjustment, emotional expression, and behavioral strategies
- Mood and psychiatric evaluation
- Behavioral health assessment

This evaluation allows us to create a personalized plan aimed at reducing distress, improving behavioral stability, and helping residents feel safe, understood, and supported.

### Who Qualifies for the Cognitive Wellness Program?

#### Behavioral Health / Psychotherapy Pathway

- Anxiety, depression, insomnia, bipolar disorder, or PTSD
- Schizophrenia, schizoaffective disorder, personality disorders, or OCD
- Mild memory impairment, adjustment issues, or emotional/behavioral expressions related to distress

Services include psychotherapy, goal setting, behavioral strategies, and medication management.

#### Dementia Support Pathway

- A diagnosis of moderate to severe cognitive impairment
- An activated Power of Attorney for healthcare
- Behavioral or mood disturbances related to dementia
- Cognitive impairment impacting safety, functioning, or quality of life

Services include dementia-centered assessment, caregiver education, individualized recommendations, behavioral strategies, and ongoing monitoring.

### Mental Health & Psychiatric Services Included

- Psychotherapy and supportive counseling
- Behavioral health interventions
- Ongoing goal setting and care planning
- Psychiatric medication management
- Family and staff education
- Collaborative behavioral planning

### Next Steps

A Sequoia team member will reach out to schedule the initial visit and answer any questions. Please sign and return the consent form to confirm participation. Consents may be emailed, faxed, or mailed.



# SEQUOIA PATHWAYS: COGNITIVE WELLNESS PROGRAM

## Consent to Participate

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**Patient Full Name:** \_\_\_\_\_ **Date of birth:** \_\_\_\_\_

**Facility/Residence:** \_\_\_\_\_ **Sex:**  Male  Female

**Legal Decision Maker** (if applicable): \_\_\_\_\_

**Relationship:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### 1. Purpose of the Cognitive Wellness Program

The Program provides comprehensive assessment, monitoring, and treatment of cognitive, behavioral, emotional, and functional changes associated with dementia and other neurocognitive disorders.

### 2. Nature of Services

Participation may include cognitive assessments, behavioral assessments, psychiatric evaluation, medication management, safety planning, psychotherapy, and communication with caregivers. Services may be provided in person or via telehealth.

### 3. Risks & Benefits

Benefits include improved comfort, stability, and quality of life. Risks may include emotional discomfort, medication side effects, or identification of safety concerns requiring further intervention.

### 4. Confidentiality

All information is confidential under HIPAA and state law. Information may be shared with authorized parties involved in care. No information is released without consent unless legally required.

### 5. Medication Management

If medications are recommended, risks, benefits, and alternatives will be reviewed. Ongoing monitoring and adjustments will occur as needed.

### 6. Patient Rights

Patients or legal representatives have the right to ask questions, withdraw consent, request a second opinion, and participate in care planning.

### 7. Consent to Treatment

By signing, I acknowledge understanding the purpose, risks, and benefits of the Cognitive Wellness Program and consent to assessment, treatment, and coordinated care.

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Signature of Patient/ Legal Representative

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Date

