

**(Insert Organization Letterhead)**

Date:

Physician Name/Address:

**City, State, Zip Code:**

**RE: DICE Approach with Patient Name:                      DOB:**

Dear Dr. \_\_\_\_\_,

The **DICE (Describe, Investigate, Create, Evaluate) Approach** is a structured algorithmic method developed in collaboration with geriatric experts from Johns Hopkins University and the University of Michigan (<https://pubmed.ncbi.nlm.nih.gov/24635665/>), and was designed to address the behavioral and psychological symptoms of dementia. The purpose of utilizing this framework is to provide management and solutions to challenging behaviors by modifying other remediable psychosocial, environmental, and medical factors, without first resorting to the use of medications.

Your patient and their caregiver are receiving assistance from their case worker using the DICE approach. Using DICE, the caregiver can learn to identify and change factors that could be contributing to behavioral symptoms. We are sending you this letter so that you can be involved in the discussion about the patient's behaviors, in particular helping to evaluate and rule out any medical factors that could be contributing to the challenging behaviors (e.g. infections, electrolyte abnormalities, pain, other illnesses, hypoxia, or medication effects). At the same time, the caregiver is learning how to evaluate and modify any environmental factors (caregiver approach, over stimulating environment, other unmet needs) that could be causing the behavior. With your help through use of DICE we hope to bring a positive change to the situation.

We thank you for your time and consideration in assisting us with the implementation of DICE to address challenging behaviors. Your partnership in implementing this approach could help our goals of keeping the patient at home longer and reducing caregiver stress and burden. If you have any questions, please contact \_\_\_\_\_.

Sincerely,

**DICE Reference:** Kales, H. C., Gitlin, L. N., & Lyketsos, C. G. (2015). Assessment and management of behavioral and psychological symptoms of dementia. *The BMJ*, 350, h369.

For more information on the DICE Approach and online training, go to: [www.diceapproach.com](http://www.diceapproach.com)