



2025-2029 Kentucky Dementia State Plan

**A Strategic Roadmap for Addressing Dementia and Supporting
Caregivers in Kentucky**

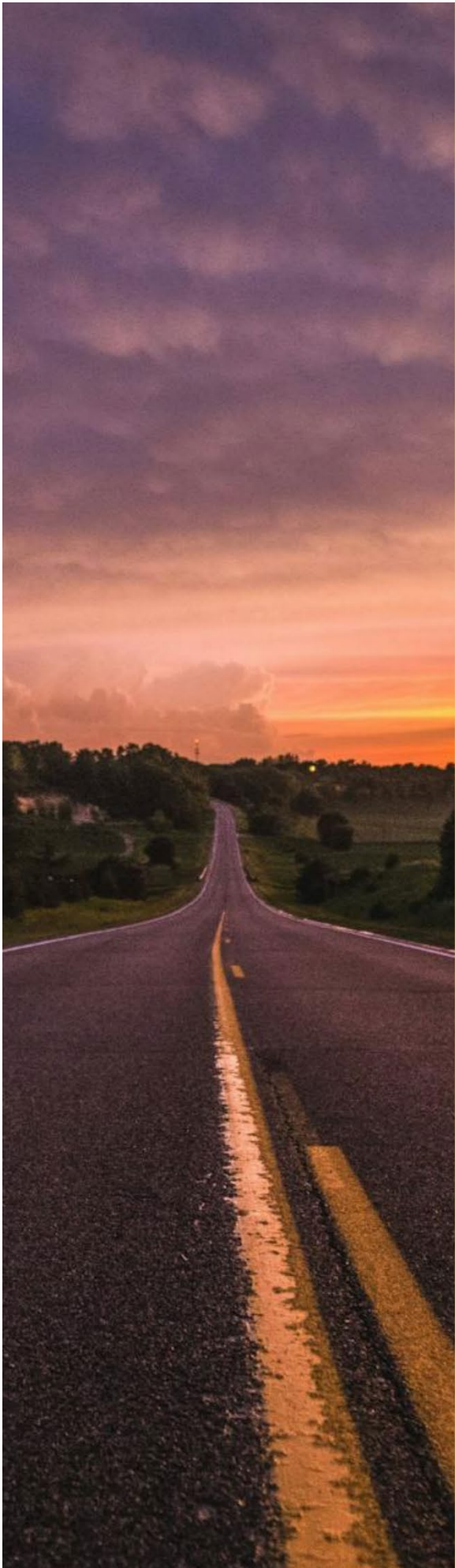


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Goals & Objectives

Dear Kentuckians,

As Commissioner of the Department for Aging and Independent Living, I have the privilege of witnessing firsthand the incredible efforts made across our state to support older adults and their families. One of the most pressing challenges facing Kentucky's aging population is the growing prevalence of dementia. With an estimated 81,000 individuals sixty-five and older currently living with Alzheimer's disease and related dementias, the need for comprehensive care and support has never been greater. Dementia affects not only those diagnosed, but also their families, caregivers, and communities. We must recognize the immense impact of this disease and respond with thoughtful, effective solutions.



The Kentucky Office of Dementia Services (ODS) has been instrumental in leading the charge to address the needs of our aging population through education, advocacy, and caregiver support. Through initiatives such as the Bridging the Gap, the introduction of Dementia Care Specialists, and dementia-specific training for healthcare professionals, the office is helping to ensure that those affected by dementia receive the compassionate, evidence-based care they deserve. Their work is a testament to our state's commitment to improving the quality of life for individuals with dementia and their caregivers, while fostering a more dementia-capable community.

The challenges we face cannot be overcome through isolated efforts. That is why Kentucky's Dementia State Plan is so vital. This strategic framework provides a roadmap for how we, as a state, can tackle the rising prevalence of dementia, address health disparities, and improve early detection and intervention. The plan places a strong emphasis on brain health across the lifespan, recognizing that many of the chronic health conditions that are prevalent in Kentucky such as diabetes, hypertension, and heart disease are also risk factors for cognitive decline. By implementing this plan, we are laying the foundation for a future in which all Kentuckians affected by dementia can live with dignity, supported by robust services and resources.

Thank you for your continued dedication to improving the lives of older Kentuckians. Together, we will build a future that embraces brain health, supports caregivers, and provides hope to every family touched by dementia.

Sincerely,

Victoria Elridge
Commissioner
Department for Aging

Dear Fellow Kentuckians,

I am honored to support our collective efforts to address one of the urgent health challenges facing Kentucky and our country today, Alzheimer's and other related dementias. With over 81,000 Kentuckians currently living with Alzheimer's disease or related dementias, this condition not only impacts the individuals diagnosed but also their families, caregivers, employers, and our communities at large. Dementia is a complex and multifaceted disease often compounded by chronic health conditions such as diabetes, hypertension, and cardiovascular disease which are very common in our state. The relationship between these conditions and dementia underscores the critical need for a comprehensive approach to care and prevention throughout the lifespan.

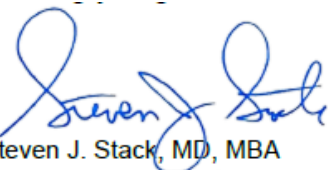


The Kentucky Office of Dementia Services (ODS) is central to advancing our state's efforts to support those affected by dementia through education, caregiver programs, and advocacy. The rising prevalence of dementia, though, requires new resources and an emphasis on prevention such as healthier diets and better physical activity. We must also mitigate chronic diseases for those with dementia to ensure their quality of life remains as high as possible.

To accomplish these goals, we should increase our efforts to expand risk reduction and prevention strategies throughout life. Research consistently shows that lifestyle changes, particularly in midlife, can play a significant role in reducing the risk of cognitive decline. Public health campaigns that educate Kentuckians on the importance of brain health, early screening, and chronic disease management are critical components of our fight against dementia. The Kentucky Dementia State Plan provides a framework for this work, focusing on the integration of prevention, early intervention, and care coordination at every stage of life. By implementing this plan, we can make Kentucky a leader in reducing the burden of dementia while supporting the health and well-being of all our citizens.

Thank you for your commitment to building a healthier future for Kentuckians of all ages. Together, we can create a state where the risk of dementia is reduced and those affected by it receive the care and support they need.

Wishing you good health,


Steven J. Stack, MD, MBA
Commissioner
Department for Public Health

INTRODUCTION

This document outlines the goals and strategies that form the foundation of the new Kentucky Dementia State Plan, a comprehensive framework for addressing Alzheimer's disease and related dementias (ADRD). Developed through a multi-year process of community and partner engagement, the State Plan establishes a strategic vision for the Office of Dementia Services for the years 2025 through 2029.

The Kentucky Dementia State Plan aims to unite varied partners, including community members, medical professionals, social services, crisis and protective services, advocacy organizations, and provider networks. Together, these groups will work toward improving the quality of life for thousands of Kentuckians affected by ADRD while also reducing the public and private costs associated with these conditions.

This plan serves as a roadmap to create a more dementia friendly Kentucky, ensuring that every region across the state is prepared to support individuals living with dementia and their caregivers. Every Kentuckian has a part to play in advancing this mission whether by joining a dementia workgroup, providing care, or offering support services. To learn more about how you can get involved, please contact the Kentucky Office of Dementia Services at dementiaservices@ky.gov.



Source: [KentuckyTourism.com](https://kentuckytourism.com)



Kentucky State Capitol -
Frankfort

Franklin County KY

10.2% of county residents are living
with dementia.

EXECUTIVE SUMMARY

The 2025-2029 Kentucky Dementia State Plan represents a comprehensive and strategic approach to addressing the challenges posed by Alzheimer's disease and related dementias (ADRD) across the state. With over 81,000 Kentuckians currently living with dementia and the number projected to grow significantly, this plan lays the groundwork for a more dementia-capable Kentucky by focusing on prevention, early detection, equitable access, and caregiver support.

Developed by the Kentucky Office of Dementia Services (ODS) in partnership with the Department for Public Health (DPH) and a diverse coalition of stakeholders, the plan emphasizes collaboration across public health and aging sectors. This partnership strengthens statewide initiatives, promotes innovative strategies, and ensures a unified approach to brain health. Key areas of focus include:

- **Risk Reduction and Prevention:** Emphasizing lifestyle interventions and public health campaigns to address modifiable risk factors like physical inactivity, hypertension, and diabetes.
- **Early Detection and Diagnosis:** Promoting cognitive screenings and awareness to identify dementia early and enhance care coordination.
- **Caregiver Support and Education:** Strengthening resources and mental health services for caregivers, who provide both paid and unpaid care.

The plan also leverages the Building Our Largest Dementia Infrastructure (BOLD) grant, which enhances collaboration between ODS and DPH to improve dementia-related infrastructure statewide. Together, these agencies foster partnerships with community organizations, healthcare providers, and public health agencies to deliver innovative programs that address disparities and strengthen local support systems.

This roadmap represents Kentucky's commitment to transforming dementia care, emphasizing evidence-based practices, data-driven decision-making, and inclusive programming. By uniting the resources and expertise of ODS, DPH, and stakeholders, the 2025-2029 Dementia State Plan sets the stage for a healthier, more resilient Commonwealth where individuals with dementia and their caregivers thrive.

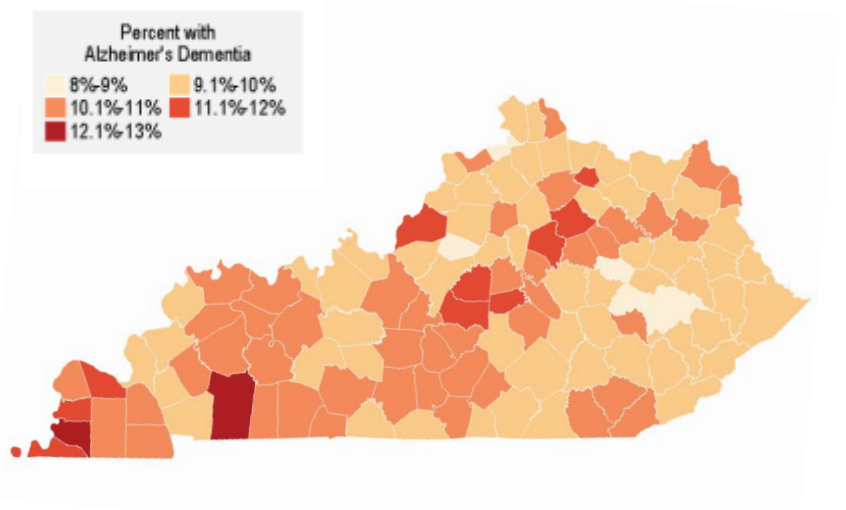
BUILDING THE ROADMAP: FOUNDATIONS, MILESTONES, AND FUTURE DIRECTIONS

The Starting Point: Understanding Dementia in the Commonwealth

Dementia poses a significant challenge in Kentucky, with an estimated 81,000 residents aged sixty-five and older currently living with Alzheimer's Disease or related dementias. Additionally, 11% of Kentuckians over 45 report experiencing subjective cognitive decline. Alzheimer's, the most common form of dementia, ranks as the eighth leading cause of death in the state. This issue is further complicated by the high prevalence of chronic health conditions in Kentucky, such as diabetes, hypertension, and heart disease, which significantly raise the risk of cognitive decline and dementia. These trends highlight the urgent need for early prevention strategies centered on brain health to mitigate future impacts.

Caring for individuals with dementia places a significant burden on Kentuckians. The state is home to approximately 157,000 unpaid caregivers who provide over 302 million hours of care annually, an effort valued at more than \$4.8 billion according to the 2023 Kentucky Behavioral Risk Factor Surveillance System (BRFSS) data. These caregivers often face challenges affecting their own physical and mental health, with nearly 40% reporting high emotional strain. Additionally, 65% of caregivers manage their own chronic health conditions, while depression, anxiety, and stress are especially higher in this group. These statistics emphasize the urgent need for accessible public support services, respite care, and mental health resources to alleviate the strain on caregivers and enhance their well-being.

Rural areas and underserved communities across Kentucky face the greatest difficulties in accessing quality dementia care and services. Many regions lack specialized medical providers, memory care centers, and caregiver



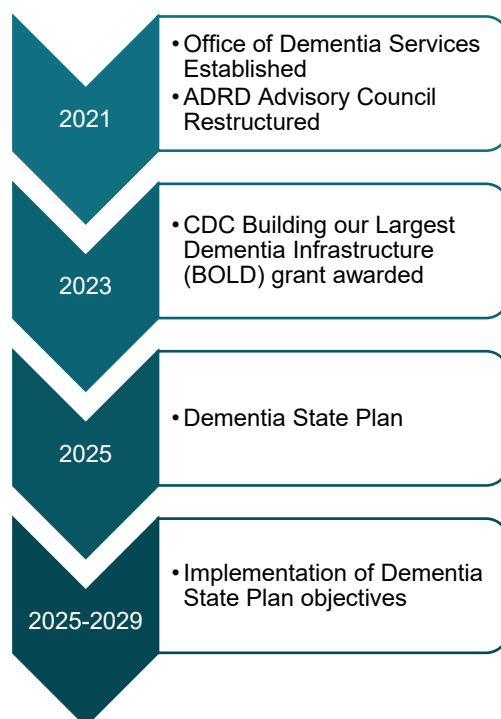
support programs, further compounding the barriers for families dealing with cognitive impairment. Kentucky's high rate of chronic health conditions, such as obesity, smoking, and cardiovascular disease, disproportionately impact African American and Latino populations, who are at higher risk for developing dementia. Kentucky's Dementia State Plan aims to address these inequities by expanding public health initiatives, caregiver education, and culturally humble care to reduce the long-term effects of cognitive decline in the Commonwealth's most vulnerable populations.

The First Marker: Building the Office of Dementia Services

The Kentucky Office of Dementia Services (ODS), established under KRS 194A.601, serves as the state's central resource for dementia-related education, policy development, and support. Operating within the Department for Aging and Independent Living (DAIL), ODS is directed to implement programs that improve the quality of life for individuals living with dementia, their caregivers, and families.

The office is committed to delivering evidence-based programs, fostering statewide partnerships, and integrating resources to enhance awareness and accessibility for those affected by dementia. Core initiatives include Dementia Care Specialists, caregiver education workshops, memory cafés, and the incorporation of public health strategies in collaboration with the Public Health Centers of Excellence. ODS focuses on supporting underserved populations, such as rural communities and those living in areas with limited resources, to provide access to dementia education, research, and caregiver support services.

Dedicated to lifelong brain health, ODS collaborates with various agencies and organizations to comprehensively address the needs of Kentucky's aging population. It also oversees the development and implementation of the Kentucky Dementia State Plan, aligning state efforts with public health goals and standards. Through this comprehensive framework, ODS serves as a cornerstone of Kentucky's strategy to support individuals living with dementia and their caregivers, fostering resilience and promoting a healthier future for all Kentuckians.



Guiding the Journey: Advisory Council's Role in Dementia

The Alzheimer's Disease and Related Disorders (ADRD) Advisory Council plays a pivotal role in guiding the development and implementation of Kentucky's Dementia State Plan. Established under KRS 194A.603, the council serves as a multidisciplinary body of professionals, caregivers, advocates, and stakeholders dedicated to addressing the challenges posed by Alzheimer's disease and other forms of dementia across the state.

The council's responsibilities include advising the ODS on best practices, emerging trends, and community needs. It is instrumental in shaping policy recommendations, promoting innovative approaches to care, and ensuring the state's efforts align with national public health frameworks. By fostering collaboration among state agencies, healthcare providers, nonprofit organizations, and individuals impacted by dementia, the ADRD Advisory Council enhances Kentucky's capacity to respond to this growing public health challenge.

Moving forward, the ADRD Advisory Council will continue to oversee the implementation of the Dementia State Plan, monitoring progress, identifying gaps, and offering recommendations. Their ongoing collaboration with the ODS will help ensure that Kentucky remains a leader in addressing Alzheimer's disease and related dementias while improving the quality of life for affected individuals and families.

Charting a Public Health Route: A Strategic Approach to Dementia

The public health approach to dementia in Kentucky emphasizes prevention, early detection, and support across the disease spectrum while addressing social determinants of health. Recognizing the projected growth of the older adult population and the corresponding increase in dementia prevalence, Kentucky prioritizes initiatives that integrate brain health promotion across the lifespan. These efforts include public awareness campaigns, cognitive health screenings, and educational programs targeting modifiable risk factors like physical inactivity, hypertension, diabetes, and social isolation. Leveraging partnerships with public health agencies, community-based organizations, and healthcare providers, the state fosters collaborative solutions to build dementia-capable systems of care.



Additionally, Kentucky's public health strategy incorporates the use of data to inform policy and program development. The state collects detailed and actionable insights into dementia trends and caregiving needs using tools like the Behavioral Risk Factor Surveillance System (BRFSS) Caregiver and Cognitive Modules. This data guides resource allocation and the development of targeted interventions to reduce health

disparities, particularly in underserved populations. By embedding dementia education and training across public health and healthcare workforces, Kentucky is building infrastructure that supports caregivers, promotes healthy aging, and reduces the stigma associated with dementia. This comprehensive, prevention-oriented approach ensures Kentucky is prepared to meet the growing needs of individuals living with dementia and their caregivers.

The BOLD Route: Expanding Infrastructure for a Dementia-Capable Kentucky

The Building Our Largest Dementia Infrastructure (BOLD) for Alzheimer's Act, signed into law on December 31, 2018, amended the Public Health Service Act to establish a robust public health framework for addressing dementia. The BOLD Act focuses on enhancing early detection and diagnosis of Alzheimer's disease and related dementias, promoting risk reduction strategies, and supporting prevention efforts to reduce avoidable hospitalizations. Additionally, it emphasizes providing resources and assistance to dementia caregivers. By creating public health centers of excellence, funding cooperative



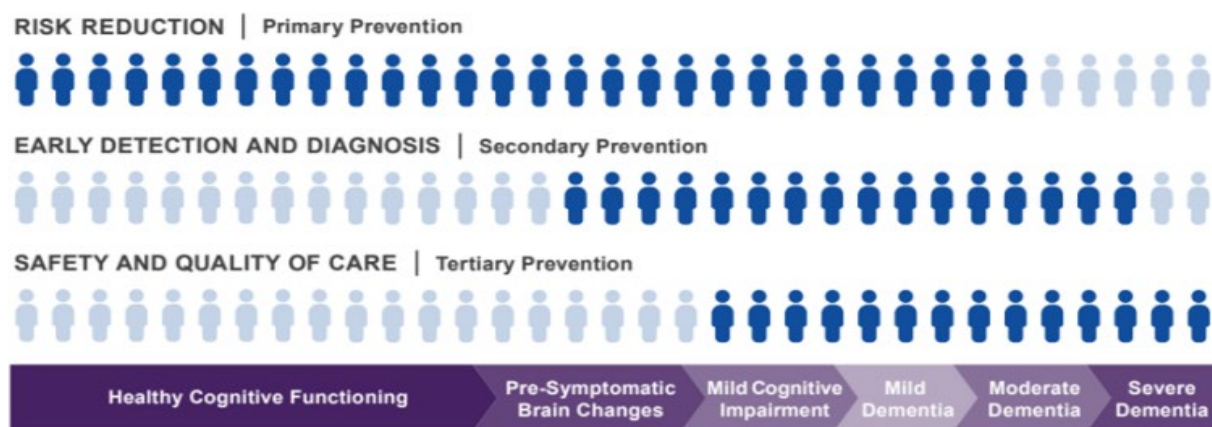
agreements, and advancing data collection and analysis, the BOLD Act serves as a foundation for states and communities to build effective, sustainable dementia-capable infrastructures that improve outcomes for individuals living with dementia and their caregivers.

Kentucky BOLD Journey

In October 2023, the Office of Dementia Services advanced its commitment to dementia-focused programming by securing the CDC's Building Our Largest Dementia Infrastructure (BOLD) grant. This five-year grant enabled the office to focus on brain health initiatives in Kentucky and foster a collaboration between the Department of Public Health and Department of Aging and Independent Living. Together, these departments are establishing a unified approach to connect dementia advocates across public health and aging sectors, ensuring a comprehensive and collaborative framework to address the unique needs of Kentucky's communities.

The BOLD grant empowers Kentucky to enhance dementia awareness, promote risk reduction, and expand early detection and management efforts statewide. By uniting efforts across advocacy groups, professional networks, and community organizations, the grant supports the development of brain health programs, services, and policies tailored to at-risk populations. This initiative positions Kentucky to create a statewide plan for advancing dementia care and brain health infrastructure, addressing workforce training, policy development, and community engagement. Through this grant, the Commonwealth is poised to build a sustainable system that supports individuals living with dementia and their caregivers, while promoting healthier outcomes for all Kentuckians.

A Lifelong Journey: Reducing Dementia Risks Across Generations



Source: Alzheimer's Association Public Health Approach to Alzheimer's

Risk reduction, also known as primary prevention, plays a critical role in promoting brain health and preventing or delaying the onset of dementia. In Kentucky, the state's approach incorporates strategies across primary, secondary, and tertiary tiers of prevention to address brain health comprehensively. Primary prevention focuses on reducing risk factors and encouraging healthy behaviors such as regular physical activity, a nutritious diet, adequate sleep, and staying cognitively and socially engaged. It also includes addressing modifiable risks like hypertension, diabetes, smoking, and exposure to environmental toxins, which are linked to increased dementia risk.

Secondary prevention emphasizes the importance of early detection and timely intervention. This includes screenings for mild cognitive impairment (MCI), monitoring vascular health, and implementing lifestyle changes, cognitive therapies, or medical treatments to slow disease progression. Tertiary prevention prioritizes managing existing conditions, preventing further complications, and enhancing quality of life. This involves developing personalized care plans, offering robust caregiver support, and integrating

adaptive technologies and resources to aid individuals and families. By integrating these prevention strategies, Kentucky aims to promote brain health, reduce dementia prevalence, and improve the overall well-being of its residents throughout their lifespan.

Accelerating Progress: The Kentucky BOLD Coalition's Strategic Impact

In 2024, the Kentucky Office of Dementia Services (ODS), in collaboration with the Department for Public Health, established the Kentucky BOLD Coalition to guide the state's public health response to dementia. This coalition brings together a diverse group of stakeholders, including representatives from Area Agencies on Aging, colleges and universities, the Alzheimer's Association, Adult Day agencies, local governments, public health departments, K-12 advocates, community members, and caregivers. Their collective expertise and insights have laid the foundation for the Kentucky Dementia State Plan Strategic Roadmap, ensuring a comprehensive approach to dementia care and brain health.

To drive progress, the coalition established four specialized workgroups that have contributed to defining the priorities and objectives for the 2025-2029 Dementia State Plan, addressing critical areas such as risk reduction, early detection, caregiver support, and public awareness. By integrating perspectives, the coalition has ensured that the voices of caregivers, rural communities, and all Kentuckians are central to the plan's development.

Looking ahead, the Kentucky BOLD Coalition will remain instrumental in implementing the state plan, fostering collaboration and innovation to meet the evolving needs of individuals living with dementia and their caregivers. Dementia education and training are woven into every aspect of the coalition's work, ensuring a knowledgeable and compassionate network of support. Through its efforts, the coalition will continue to build a more inclusive, dementia-capable infrastructure and promote brain health for all Kentuckians.



Defining the Destination: Goals and Objectives for Kentucky's Dementia Plan

The Kentucky Dementia State Plan for 2025-2029 is driven by a commitment to improve the quality of life for individuals living with dementia, their caregivers, and communities statewide. Guided by data and innovation, this plan identifies goals and objectives that will serve as the foundation for statewide efforts over the next five years. These priorities focus on enhancing dementia education, increasing access to resources and services, strengthening policy frameworks, and fostering collaboration across diverse sectors.

All goals and objectives outlined in this section reflect a shared vision of progress, collaboration, and accountability. Together, these efforts aim to reduce stigma, enhance brain health, and improve access to services and education. This ensures that all Kentuckians impacted by dementia receive the support and care they deserve.



Natural Bridge – Slade, KY

Powell County, KY

9% of county residents are living with dementia.



Source: [KentuckyTourism.com](https://kentuckytourism.com)

EMPOWERING COMMUNITIES THROUGH ENGAGEMENT AND EDUCATION

FOCUSED ON RAISING AWARENESS, FOSTERING COLLABORATION, AND EQUIPPING COMMUNITIES WITH THE TOOLS TO SUPPORT INDIVIDUALS IMPACTED BY DEMENTIA

Goal 1: Increase public awareness and knowledge about brain health and cognitive decline, focusing on the importance of early detection, early diagnosis and risk reduction using culturally focused strategies.

Objective 1

- Identify and evaluate existing educational materials related to brain health and the early signs of dementia.

Objective 2

- Educate Kentuckians of all age groups by disseminating materials through diverse platforms, including schools, civic and faith-based organizations, community events, and public service announcements.

Objective 3

- Raise awareness and educate Kentuckians about brain health topics through various media outlets, radio, television, social media and print and public health campaigns through community partnerships to promote brain health and reduce risk of dementia and cognitive impairment.



National Corvette Museum –
Bowling Green

Warren County, KY

10.5% of county residents are living
with dementia.



Source: KentuckyTourism.com

Goal 2: Raise awareness about dementia care among people living with ADRD and professional/ nonprofessional caregivers. Develop or enhance culturally humble fact sheets that include available resources and services to people living with dementia and non-professional/family caregivers.

Objective 1

- Provide supports in collaboration with partner organizations to expand caregiver resources aimed at reducing stress, improving coping mechanisms, and supporting overall health and well-being.

Objective 2

- Provide accessible in-person and virtual educational opportunities for caregivers, offering practical skills in areas such as grief management, effective communication, nutrition, and socialization.

Objective 3

- Identify and collaborate with organizations and agencies that provide educational materials and training for communities, faith-based groups, caregivers, family members, and healthcare providers, with a focus on expanding availability and reaching underserved populations.

Objective 4

- Develop and promote the adoption of evidence-based interventions and best practices to support brain health, address cognitive impairment, and meet the evolving needs of caregivers for people living with dementia.

Objective 5

- Improve access for healthcare professionals to resources, information, and tools designed to optimize the care and support provided to caregivers and individuals with dementia.



Source: [KentuckyTourism.com](https://kentuckytourism.com)



Central Park – Ashland

Boyd County, KY

11.6% of county residents are living with dementia.

Goal 3: Expand outreach efforts to connect individuals living with dementia and their care team to essential resources and services, ensuring equitable access to support that improves quality of life and well-being.

Objective 1

- Develop or enhance programs in collaboration with partner organizations to expand caregiver resources that reduce stress, improve coping mechanisms, and support overall health. This includes accessible online support centers, peer support groups, and community-based programs promoting physical activity and chronic disease management.

Objective 2

- Provide in-person and virtual educational opportunities for caregivers, offering practical guidance on skills such as grief management, effective communication, nutrition, and fostering social connections.

Objective 3

- Identify and collaborate with organizations and agencies currently offering educational materials and training programs to communities, faith-based groups, caregivers, family members, and healthcare providers, focusing on expanding availability and addressing underserved populations.

Objective 4

- Promote the adoption of evidence-based interventions and best practices to support brain health, manage cognitive impairment, and meet the diverse needs of caregivers for individuals living with dementia.

Objective 5

- Enhance access for healthcare professionals to essential resources, tools, and information, empowering them to optimize care and support for caregivers and individuals with dementia.



Kentucky Derby- Louisville

Jefferson County, KY

11.7% of county residents are living with dementia.



Source: KentuckyTourism.com

ADVANCING DEMENTIA-INFORMED POLICIES

DEDICATED TO DEVELOPING AND ENHANCING POLICIES THAT IMPROVE ACCESS AND QUALITY OF CARE FOR INDIVIDUALS LIVING WITH DEMENTIA AND THEIR CAREGIVERS

Goal 1: Strengthen supportive policies across communities, workplaces, and healthcare settings by convening and leveraging a diverse, multi-sector coalition that promotes brain health across the lifespan.

Objective 1

- Conduct an asset mapping exercise to assess the coalition members and their contributions.

Objective 2

- Identify and recruit stakeholders from key sectors, including individuals with lived experience, to ensure diverse and inclusive representation within the coalition.

Objective 3

- Provide coalition members with training using existing resources, such as the Community Toolbox, to enhance their capacity for effective advocacy and action.

Objective 4

- Utilize the coalition to identify trusted community messengers, with a focus on reaching rural, and underserved populations, to disseminate information on brain health.

Goal 2: Promote early detection of ADRD and strengthen caregiver support through informed policymaking and regulatory enhancements.

Objective 1

- Review existing laws, regulations, and policies that address early detection of ADRD and caregiver support to identify areas for improvement.

Objective 2

- Develop and disseminate fact sheets for policymakers that outline strategies and regulations to enhance early detection and caregiving support.

Objective 3

- Establish supportive services and programs offering financial support to caregivers and individuals living with dementia.

Goal 3: Equip policymakers with actionable insights on risk factors, the impact of social determinants of health, and evidence-informed policy with program options to promote brain health and address dementia across the life course.

Objective 1

- Review existing laws, regulations, and policies addressing primary risk factors and comorbidities associated with Alzheimer's disease and other dementias (ADRD).

Objective 2

- Collaborate with the coalition, evaluation group, ODS Coordinator, and the Legislative Resource Commission (LRC) to create and disseminate a survey assessing legislators' knowledge of ADRD, including warning signs, risk factors, available resources, and personal connections to the disease.

Objective 3

- Collect, analyze, and summarize survey results to identify gaps in legislative knowledge of ADRD.

Objective 4

- Develop and distribute a one-page policy document for legislators, outlining ADRD warning signs, symptoms, risk factors, caregiving resources, and other findings from the survey.

Objective 5

- Convene partners, individuals with lived experience, and policymakers at legislative advocacy days to discuss the health, economic, and emotional burdens of ADRD, caregiving challenges, and barriers to early screening.

Objective 6

- Create and share an expanded legislative document tailored to individual districts, incorporating county or area development district prevalence data.

Objective 7

- Showcase progress achieved by the Office of Dementia Services to highlight state-level advancements and impact.



Pine Mountain

Harlan, KY

9.6% of county residents are living with dementia.



Source: [KentuckyTourism.com](https://kentuckytourism.com)

STRENGTHENING THE WORKFORCE:

CENTERED ON PREPARING AND SUPPORTING A WELL-TRAINED, COMPASSIONATE WORKFORCE
TO MEET THE GROWING NEEDS OF DEMENTIA CARE

Goal 1: Develop a comprehensive and standardized dementia education curriculum tailored to the state's workforce needs, incorporating evidence-based practices, cultural humility, and role-specific training for all levels of care providers.

Objective 1

- Create culturally sensitive curriculum content that addresses stigma reduction, brain health, and lifestyle medicine principles, focusing on primary, secondary, and tertiary prevention strategies.

Objective 2

- Expand state-approved dementia education programs to reach a broad range of workforce providers, ensuring alignment with role-specific needs.

Goal 2: Facilitate the statewide delivery of the dementia education curriculum to diverse workforce systems and institutions, ensuring accessibility and alignment with workforce needs.

Objective 1

- Provide targeted training on cognitive decline and culturally sensitive care practices for primary healthcare and public health professionals.

Objective 2

- Deliver training on cognitive decline and culturally responsive care to community health and direct service workers.

Objective 3

- Offer tailored training on cognitive decline and culturally responsive care to emergency response agencies.

Objective 4

- Conduct pre and post training assessments to evaluate curriculum effectiveness, focusing on cultural relevance, care quality impact, and training outcomes.

Goal 3: Enhance licensing, certification, and continuing education requirements to include comprehensive dementia training for healthcare and allied professionals.

Objective 1

- Collaborate with professional boards to integrate dementia education into initial and renewal licensing criteria.

Objective 2

- Establish mandatory education hours for certification in dementia care and cognitive health across healthcare professions.

Objective 3

- Require ongoing dementia-specific education hours as part of continuing education standards for healthcare providers.

Goal 4: Establish Dementia Care Specialists across the state to provide expertise, support, and resources for individuals living with dementia, their caregivers, and communities, ensuring equitable access to care and education statewide.

Objective 1

- Develop a scalable model for Dementia Care Specialists, including job descriptions, qualifications, and potential funding strategies.

Objective 2

- Identify and pursue funding opportunities, including grants, partnerships, and legislative support, to sustain the implementation of Dementia Care Specialists.

Objective 3

- Create metrics to measure the effectiveness and outcomes of Dementia Care Specialists, focusing on caregiver satisfaction, resource utilization, and community impact.



Source: KentuckyTourism.com



Maysville Downtown

Mason, KY

9.9% of county residents are living with dementia.

LEVERAGING DATA FOR INSIGHT AND IMPACT

FOCUSED ON COLLECTING, ANALYZING, AND UTILIZING DATA TO EVALUATE OUTCOMES, IDENTIFY GAPS, AND INFORM STRATEGIC DECISIONS FOR DEMENTIA CARE INITIATIVES

Goal 1: Develop a public data-sharing and visualization dashboard with sustainable processes for updating and maintaining Kentucky-based dementia-related data.

Objective 1

- Establish a website, platform, or other venue, supported by the Cabinet for Health and Family Services (CHFS), to house and display dementia-related data.

Objective 2

- Create streamlined processes for uploading and presenting data, incorporating sources such as the Behavioral Risk Factor Surveillance System (BRFSS) and other relevant state data sets.

Objective 3

- Enhance awareness of data surrounding social determinants of health and health disparities to inform decision-making and resource allocation.

Goal 2: Create and implement data-sharing methods with state and community-based organizations to drive improvement plans, resources, policies, and programs that enhance brain health and the quality of life for individuals living with or caring for someone with dementia.

Objective 1

- Conduct surveys with stakeholders to identify the most effective formats and methods for sharing data and information.

Objective 2

- Pilot and evaluate the practicality of identified data-sharing methods in collaboration with community organizations.

Objective 3

- Ensure that data-driven resources and research opportunities are consistently updated and accessible to stakeholders.

Objective 4

- Assess the impact and reach of the new data-sharing methods on community planning efforts, including resource sharing, program development, and policy initiatives.

The Road Ahead: Building a Dementia-Capable Kentucky

The Kentucky Dementia State Plan Strategic Roadmap is designed to advance Kentucky toward a comprehensive and statewide approach to addressing the social determinants of brain health across the lifespan while tackling the multifaceted challenges of caregiving. The implementation phase will transform the roadmap's outlined goals and objectives into actionable strategies to improve brain health and strengthen dementia care and support systems across the commonwealth.

With prioritized objectives already established, the next step in the implementation of the Kentucky Dementia State Plan is to translate these priorities into actionable strategies. The goals and objectives, which were identified through extensive collaboration with stakeholders across Kentucky, will guide the development of targeted initiatives aimed at improving brain health, increasing dementia awareness, supporting caregivers, and ensuring equitable access to services.

In the 2025-2029 period, the Office of Dementia Services will lead the charge in executing these objectives through collaborative groups in areas such as policy development, workforce training, research, and community engagement. These workgroups will define specific actions, assign responsibilities, and outline timelines for achieving each prioritized goal. A key element of the implementation strategy is collaboration among state and local partners, ensuring that initiatives are adapted to regional needs while maintaining consistency with statewide priorities. Continuous feedback loops and evaluation processes will be integral to tracking progress and refining efforts, ensuring that Kentucky's dementia infrastructure grows stronger and more inclusive, with all stakeholders working toward a common vision of a dementia-capable state.

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ACKNOWLEDGMENTS

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BOLD Project Manager

Special Thanks

CHES Solutions Group	Alzheimer's Association Greater Kentucky and Southern Indiana Chapter	Mississippi State Department of Health
Public Health Center of Excellence Dementia Risk Reduction	Center for Disease Control Alzheimer's Disease Program	Association for Community Living Alzheimer's and Dementia Programs
University of Louisville Trager Institute	Public Health Center of Excellence Dementia Caregiving	<i>And to all others who have provided their support and guidance, along the way.</i>

ADRD Advisory Council

Elizabeth Anderson- Hoagland Department for Public Health	Sherry Culp State Long-Term Care Ombudsman	Victoria Elridge Department for Aging & Independent Living
LeighAnn Fitzpatrick Department for Medicaid Services	Stacy Hall State Area Agencies on Aging & Independent Living	David Lovely Office of Legal Services
Dr. Elizabeth Rhodus UK Sanders-Brown Center on Aging	Sophia Sawaya ADRD Advocate	Monalisa Tailor Kentucky Medical Association Past President
Kelly Upchurch Horizon Adult Health Care	Shannon White Alzheimer's Association, Greater Kentucky & Southern Indiana	Myra Wiley Norton Healthcare

BOLD Coalition Champions

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BOLD Coalition Members

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