

**DHHS Division of Developmental Disabilities and Aging
State Unit on Aging
Alzheimer's Disease and Other Dementia Advisory Council Meeting
Friday, October 17, 2025
10AM – 12PM**

**In-Person Meeting Location:
Jack J. Huck Continuing Education Center
301 S. 68th Street Place
Lincoln, NE 68510
Room 213**

Meeting Link for Council Members and Members of the Public to Attend:
<https://sonvideo.webex.com/sonvideo/j.php?MTID=m0cb2e993b199750a27a32b8aae6bec16>

AGENDA

Welcome – Tracy Lichti, Chair

Roll Call and Introductions

Roll will be called; Council members and staff will introduce themselves.

Notice of Public Meeting

This meeting is being held in compliance with the Nebraska Open Meetings Act.

Public Comment

Members of the public are provided time speak.

Approval of Minutes

Council members will vote to approve the minutes of the September 19, 2025, meeting.

Guest Presenter – Gordon Whitten, I See It Ventures

Gordon Whitten will provide information on Grace – Your Memory Friend. Grace is an artificial intelligence voice companion and much more for individuals with dementia.

Guest Presenters – Michelle Hoeft and Leah Friesen, Medicine in Motion

Michelle Hoeft and Leah Friesen will provide information on the GUIDE Model and how Medicine in Motion provides this program to improve the lives of people living with dementia and their care partners across the state.

Subcommittee Reports

Subcommittee leads will report on the work that continues with their subcommittees.

Council members will discuss the new recommendation(s) to be addressed in the Annual Update Report due to DHHS by August 19, 2026, and the Legislature by October 1, 2026.

Announcements

Next Meeting

The November 21, 2025, meeting will be held virtually. This will be the final meeting in 2025.

Alzheimer's Council Leadership

Elections for Council Chair and Vice Chair will take place at the November meeting. If you are interested in either the Chair or Vice Chair position, please let Joni Dulaney know by November 18.

2026 Meeting Schedule

The meeting schedule for 2026 will be set at the November meeting. Currently, the Council meets on the third Friday of each month, January through November.

Adjourn

**DHHS Division of Developmental Disabilities and Aging
State Unit on Aging
Alzheimer's Disease and Other Dementia Advisory Council Meeting
Friday, September 19, 2025**

Voting Members Present: John Croghan, Christopher Kelly, Tracy Lichti, Julie Masters, Kierstin Reed, Corie Sass, Mary Ann Stallings, David Thompson

Voting Members Absent: Julie Kaminski, Lisa Marks

Non-Voting Members Present: Josie Rodriguez, Odessa Schoneberg, Timothy Tesmer

Non-Voting Members Absent: Terri Ridder

Council Staff Present: Joni Dulaney

State Unit on Aging Staff Present: Ben Stromberg

This meeting was held in person at the Jack J Huck Continuing Education Center. A link was provided for members of the public to attend virtually. The meeting was called to order at 10:03 a.m. by Tracy Lichti, Council Chair. Roll was taken and Council members introduced themselves.

Nebraska Open Meetings Act Announcement

Tracy announced that Council meetings fall under the Nebraska Open Meetings Act. A copy of the Act was posted in the room near the door.

Public Comment

All public meetings must allow time on the agenda for people who are not members of the Council to comment. No public comments were made.

Approval of Minutes

A motion to approve the August 15, 2025, meeting minutes was made by Julie Masters and seconded by Mary Ann Stallings. No corrections were requested to the minutes.

A roll call vote was taken: Yes – 8; No – 0; Abstain – 0.

State Plan

Tracy reported that the State Alzheimer's Plan Annual Update Report was sent to DHHS on August 19, 2025. Once it gets through their review processes, it will be submitted to the Clerk of the Legislature to meet the October 1, 2025, deadline. Once it has been received by the Clerk, it will be sent out to Council members with the cover letter and posted on the Council webpage.

There was discussion on how to get the word out about the work of the Council: the Plan and reports and the priorities. Ideas included press releases through DHHS, an Op Ed in newspapers, work with the DHHS Communications office, providing it to the Aging Advisory Committee

members to get the word out across the state, tv outlets such as with Amy Sharp on Channel 10/11 and a radio program.

Subcommittees

Subcommittee leads provided updates on their respective subcommittees. Copies of the written reports received and copies of any presentations can be found at the end of the minutes.

Public Health Subcommittee: Chris Kelly reported that they have discussed past and upcoming events where they network with providers and individuals and families of persons with a dementia diagnosis. Some of these events include:

- The Alzheimer's Foundation of America hosted the Educating America Tour: Alzheimer's & Caregiving Conference (recording will be posted [here](#)).
- The Dementia Training Conference will be held March 19 and 20 on the UNK campus (flyer to follow), targeted to physicians and providers.
- A Panhandle Dementia Coalition meeting will happen on April 18.
- Lincoln Resource Fair at Aging Partners on October 2.
- The [Wine, Women and Dementia](#) documentary will have a screening at Film Streams in Dundee on November 5.
- Empowered Caregiver Series
- Alzheimer's Association Walk to End Alz

Members talked about the number of events that occur across the state that many people are not aware are available to them. There is no one place for all this information to be posted for the public to learn about. The Area Agencies on Aging may be a good place to help disseminate the information.

Medicaid Waiver Subcommittee: Kierstin Reed reported that the subcommittee members conducted outreach to Assisted Living facilities with a memory care endorsement or endorsement for their community. Questions were asked about how many Medicaid beds they have and how many Medicaid Waiver recipients they accept. There were 722 memory care beds in 18 cities; 102 beds could be filled by Medicaid Waiver for memory care. These beds are all full. The private pay timeline to get a Medicaid Waiver bed was reported to be between no wait and three years. Across the state, there are 19 beds for those with day-one Medicaid Waiver needs.

The average memory care rates across the state are between \$6,624 and \$8,775 per month. This does not include the level of care, which could add up to \$6,000 per month. The provider rate for reimbursement is \$3,140, which includes room and board rates.

When asked if they would consider taking more Medicaid Waiver residents if there were an increase in the Medicaid Waiver rate, most said they would probably not take very many more

as the rate is still under the private pay rate. They added that they could either look at increasing the number or decreasing the wait time.

Subcommittee members would like to meet with DHHS to break down the numbers and discuss the rates.

Care Navigator Pilot Subcommittee: Julie Masters reported that Danelle Hubbard, Regional Health Systems Director for the Alzheimer's Association, began a presentation (to be continued at the October subcommittee meeting) to the subcommittee on the GUIDE Model, a Medicare funded pilot demonstration project to provide support to caregivers. GUIDE is about Medicare funding source: where is the billing source, who is going to cover the cost of service provision? Currently, it is eligible in Nebraska through Medicine in Motion. Participants must be on traditional Medicare, not Medicare Advantage.

Anyone funded for this pilot must be able to provide 24/7 access to support service, care coordination and transitional care management, caregiver education and support, care planning, comprehensive assessments and home visits, medication management and reconciliation, ongoing management in support of the program, referral and coordination of social services and supports, and respite services.

Tracy Lichti added that a representative from Medicine in Motion will present to the Council at the October 17, 2025, meeting. Medicine in Motion is providing telehealth and in-home services to participants across Nebraska.

Trualta Subcommittee: Julie Masters provided an update from this subcommittee. A representative from [GetSetUp](#) provided a demonstration on their product, which the State Unit on Aging pays for and is available statewide. GetSetUp is a platform that provides educational programs for the aging population. While there are some programs set up, GetSetUp would need to have additional programming added to specifically target caregivers. Comparing this to Trualta, Trualta is a platform specifically geared to provide supports to caregivers. The subcommittee will discuss these options further at their October meeting.

211 Subcommittee: John Croghan and Corie Sass reported that 211 is open to collaborating to add to their resources. The subcommittee feels they can "move the needle" on this goal by working with 211 on the backend for improving the search feature. There is a need to contact providers to ensure they are listed on 211. There is still a matter of educating the public about 211.

SUA staff will contact the DHHS Communications Office to ask how they could help with getting information out, such as about 211. Other thoughts were to have an Op Ed piece written for newspapers.

Tracy asked about recommendations for 2026 that could be added to the subcommittee work. There were many recommendations made in the State Alzheimer's Plan; the top five recommendations were addressed in the Annual Plan Update that is due to the legislature on

October 1. Julie Masters will talk to both the Trualta and Pilot Care Navigator subcommittees to get a feel for how they feel about the status of their work on their respective goals. Kierstin Reed noted that there is funding available through the Trump Administration with a very short application timeline. This could address the goal of seeking grant funding for long-term care and assisted living community to establish adult day care programs in rural areas. Nebraska Medicaid and Long-Term Care is leading this with the assistance of Public Health grant writers.

Josie Rodriguez suggested creating a list of recommendations and a boilerplate with different pieces ready to plug in for any future grant funding opportunities.

There was no discussion on new or additional subcommittees for 2026 recommendations at this meeting. This will be revisited at a future meeting.

Member Recruitment

If Council members know of individuals who are interested in applying for appointment to the Council, ask them to add the role they are requesting to fill. A list of roles and members was sent to Council members with the meeting materials. This will help ensure we get the right representatives in the right roles. If someone has already applied but did not note the role, please contact Joni Dulaney so the information can be forwarded to the Appointments Office. There was a question on whether current members could change their roles to help fill the roles with subject matter experts.

Announcements

The next meeting will be held in person on October 17, 2025, at the Jack J. Huck Continuing Education Center. Guest speakers will be Michelle Hoeft and Leah Friesen with Medicine in Motion to talk about the GUIDE Model, and Gordon Whitten with I See It Ventures will present on Grace, an AI generated voice assistant that may be helpful to individuals with dementia.

Adjourn

The meeting adjourned at 11:58 a.m.

Alzheimer's Advisory Council Public Health Subcommittee Meeting Friday September 12th

Sadie Hinkel sshinkel@alz.org
Cassandra Wehling cassandra.wehling@unmc.edu
Christopher Kelly cmkelly@unomaha.edu
KoriAnne Moslander kmoslander@unomaha.edu
Anna Fisher fisheranna@email.phoenix.edu
Tracy Lichti tlichti@newcassel.org
Julie Kaminski jkaminski@immanuel.com
Sarah Wilson sarah.wilson@grace365.org

Notes

- Dementia Training Conference
 - March 19th and 20th @ UNK at 1 PM
 - Offering CEUs
 - Target Audience - Providers
 - Tentative Agenda
 - Capacity – possibly forensic psych
 - Dementia Diagnosis – Cassandra Wehling
 - Geriatric Assessment and Billing – Joe Hejkal
 - Culturally sensitive dementia care – Nora Kovar
 - Monoclonal Antibodies – Dr. Daniel Murman
 - Community resources – Rachel Burns & Sadie Hinkel
 - Pharmacology – Linda Sobeski
 - What matters – Alyssa Emodi
 - Behaviors associated with dementia – Claire Adams
- Alzheimer's Foundation Event
 - Bellevue University
 - Wednesday Sept 17th, 10-2 PM
 - Covering memory screenings and assessments
 - Target Audience - Everyone
 - Stop on countrywide educational tour
 - Dr. Daniel Murman
 - Katherine Swinarsky - Elderlaw Attorney
 - Register through link shared by Anna
- Panhandle Dementia Coalition
 - Empowered Caregiver Conference

- Regional West Hospital in Scottsbluff
 - Meet in Early October to continue planning
 - Possible Dates: Saturday April 18th
- Aging for Passion and Purpose Conference
 - March date - not confirmed
- Lincoln Resource Fair
 - Aging Partners Location
 - October 2nd 2-5 pm
 - AARP and Julie Masters presenting
 - Partner with Gaylene Bradley
- Documentary screening
 - Film streams in Dundee
 - Wednesday November 5th
 - Panelist of different providers
 - “Wine, Women, & Dementia” documentary showing
 - Networking portion
- Empowered Caregiver Series in Columbus and Norfolk
 - Once a month
 - Currently revamping
 - 10 people in attendance
- Alzheimer’s Association - Walk to End Alz
 - Omaha walk - Oct 12th
 - College of Saint Mary Fieldhouse
 - Lincoln walk - Oct 5th
 - Aging Partners Victory Park Center
 - Norfolk Walk - Sept 21st
 - North Platte Walk - Sept 21st
 - Hastings Walk - Sept 28th
 - Grand Island Walk - Oct 5th
 - Kearney Walk - Oct 12th
- 211
 - Hub of information and resources available to aging adults
 - Compiling providers and current resources being added
 - Nebraska, Iowa, and Illinois coverage
 - ADRC
 - Annual check for updated information and resources
- GUIDE Model
 - Guiding and Improved Dementia Model

- Dr. Wester - Medicine and Motion
 - Ripple
 - Care Manager to navigate after dementia diagnosis
 - Not income based
 - Enrolled in Medicare Part A and B
 - Meet requirements
 - Diagnosis of Moderate Dementia
 - <https://www.cms.gov/priorities/innovation/media/document/guide-dementia-care-journey>
 - Grant pilot project for 8 years
 - Currently in year 2
- **Please contact Anna Fisher if resources are wanted to be given at the Alzheimer's Foundation Conference in Bellevue**

Medicaid Waiver Memory Care in Nebraska

Total Number of Assisted Living Facilities with Memory Care Endorsement: According to the Roster of Assisted Living Facilities in Nebraska (May 2025) there are 91 Assisted Living Facilities with a Memory Care Endorsement in Nebraska.

Total beds at providers with memory care endorsement: Of the 91 Assisted Living Facilities included on the roster with a Memory Care Endorsement, the roster indicates they have a total of 6,425 beds. This number represents the total number of beds at the community, which is often combined with traditional Assisted Living options.

Total Number of Memory Care Endorsed Facilities Accepting Medicaid Waiver: Of the Memory Care Endorsed Assisted Living Facilities, 45 facilities indicate on the Roster that they accept Medicaid Waiver at their community.

Total Beds at locations with a Memory Care Endorsement accepting Medicaid waiver: Of the Memory Care Endorsed Assisted Living Facilities accepting Medicaid Waiver, they have a total of 2,736 beds according to the roster. Again, this is their combined number of beds for the entire community.

Further Research:

In an effort to gain additional information on the specifics of Memory Care and Medicaid Waiver, these Assisted Living providers meeting this criterion were contacted by phone to respond to questions regarding the number of beds, specifically for Memory Care and ability to accept Medicaid Waiver.

Sample Size: Of the 45 Memory Care Endorsed Assisted Living accepting Medicaid Waiver, 34 of them responded to the request for information and provided enough information to be included in the sample (78%).

Total Beds Specific to Memory Care: The 34 communities in the sample had a total number of 722 beds that were specific to memory care. This is an average of 21 Memory Care beds per community. Assuming this average is consistent, we have approximately 1,911 memory care beds in total across the entire state.

Locations of Sample: Of the 34 communities responding, services are in 18 cities across Nebraska. Those include:

Ashland	Bellevue	Bennington
Columbus	Deshler	Fremont
Gothenburg	Grand Island	Gretna
Hastings	Holdrege	Kearney

Lincoln	Norfolk	Omaha
O'Neill	Red Cloud	Scottsbluff

Additional Memory Care Facilities (11) stating they accept Medicaid Waiver exist in the following cities that did not respond to the survey: Beatrice, Bellevue (2), Cozad, Elkhorn (2), Grand Island, Gretna, Hastings, Lincoln, and Omaha.

Memory Care Beds Available on Medicaid Waiver: Of those 34 Facilities responding to the survey reporting 722 total memory care beds, it was reported that 102 of those memory care beds are open to Medicaid Waiver as the payor source. This is roughly 14% of the sample.

The following chart shows the total number of memory care beds for each of the cities in the sample along with the total number of potential memory care beds available within that city.

City	Total Memory Care Beds	Memory Care Medicaid
Ashland	9	0
Bellevue	28	3
Bennington	16	0
Columbus	30	0
Deshler	5	2
Fremont	54	1
Gothenburg	14	0
Grand Island	41	8
Gretna	28	0
Hastings	30	0
Holdrege	24	7
Kearney	24	4
Lincoln	173	30
Norfolk	32	4
Omaha	167	31

O'Neill	17	5
Red Cloud	18	5
Scottsbluff	21	2
Total	722	102

Period of Private Pay: Of the 102 beds available for Medicaid Waiver memory care, the large majority of them has a period of private pay prior to Medicaid waiver being accepted. Within the sample of facilities responding, there are a total of 19 beds across the state of Nebraska that would be available without a period of private pay.

The chart below shows the period of private pay for the other beds in the sample.

Period of Private Pay Required	Number of Medicaid Waiver Beds in Sample
None	19 Beds
1 Year	14 Beds
18 Months	18 Beds
2 Years	41 Beds
3 Years	10 Beds

Ongoing Support: While these providers may have a verbal discussion about their ability to support someone following a period of private payment if they need to transition to Medicaid Waiver, there are very few (if any) that will provide this guarantee in writing, other than a life plan community. Assisted Living providers must provide residents with a 30-day written notice to discontinue services and there is very little to hold them to accepting Medicaid Waiver if this is not a written agreement guaranteeing them continued placement.

Location of Memory Care/Medicaid Beds: There is a higher concentration of Medicaid Waiver Memory Care beds in the eastern portion of the state than in the western portion of the state. Although it should also be noted that of the beds located in both Omaha and Lincoln, there are no beds available without a two-year period of private pay.

Average cost of Memory Care: 30 of the 34 participants in the sample provided additional information regarding the average cost of a memory care bed on a monthly basis. Of those reporting, the average cost on a monthly basis for someone paying privately would be \$6,624 per month. The highest memory care rate collected in the survey was \$8775 per month in an

urban setting. This is a based rate and charges may increase with levels of care at many facilities.

Levels of Care: In addition to the cost of a memory care bed on a private pay basis, 16 providers in the sample indicated that they also have additional levels of care based on the person's needs. The majority of those indicate they have three levels of care ranging from \$0 - \$6,000 per month. The average monthly level of care with those providers is \$2,000 per month. These charges are in addition to the base cost of memory care services.

Including these levels of care to the maximum extent, the average cost of memory care services in Nebraska is \$8,125 per month. These rates are typically higher in urban areas.

Medicaid Waiver Assisted Living Rates: In the 109th (2025-2026) legislative session, LB261 was passed. This bill utilized the Medicaid Managed Care Excess Profit Fund to equalize the Assisted Living rate for both urban and rural providers for the 2025-2026 fiscal year. The rate established with this funding equates to \$73.91 per day for Medicaid Waiver Assisted Living Services. Note: there is no guarantee for the increase in the rural rates to continue beyond the 25-26 fiscal year. The previous rate for those services in rural settings was \$62.73 per day. The HCBS Medicaid Aged and Disabled and Traumatic Brain Injury Waiver Assisted Living Rates sheet effective July 1, 2025, shows the Medicaid share of this service totaling \$2,248 per month. The resident themselves must also pay a client share for room and board in the amount of \$892 per month. The total paid to a provider for Medicaid Waiver Assisted Living as of July 1, 2025, is \$3,140 per month.

The total amount paid to a provider for Medicaid Waiver Assisted Living services is less than half of the state average for private pay for the same service as evidenced by this review.

Memory Care Endorsement: Memory Care Endorsement is defined in Nebraska Revised Statute 71-422.01 as, "means an endorsement for the license of an assisted-living facility providing care for persons with cognitive impairments or dementia which meets the requirements for the endorsement under section 71-472. This states that the department shall adopt rules and regulations establishing qualifications for memory care endorsement. These shall be specific to those necessary for residents with cognitive impairment or dementia and "shall include, but not be limited to, staffing enhancements, staff training, dedicated memory care programming, cultural competencies, facility requirements, and security issues". Providers are required to apply to the department and provide proof of meeting the qualifications and payment of the required fee in order to receive this designation.

Additionally, Nebraska Revised Statute 71-473 states, "The department shall examine the rates paid for care for persons with cognitive impairment or dementia, including state spending for such care and reimbursement rates paid for such care under the medical assistance program pursuant to the Medical Assistance Act. The department shall make findings regarding cost-savings for providing care for persons with cognitive impairments or dementia in assisted-living facilities with a memory care endorsement. The department shall make recommendations

regarding a higher or supplemental reimbursement rate for assisted-living facilities which have a memory care endorsement and provide care for persons with cognitive impairments or dementia at a savings to the state or medical assistance program” (Laws 2016, LB698).

Requirements of Memory Care Endorsement: Providers seeking a Memory Care Endorsement must complete an initial and renewal application which must be submitted to the department. In addition to facility information, they must complete the following disclosures:

- Overall philosophy and mission;
- Criteria for placement in, or transfer to memory care;
- Criteria for discharge from the unit;
- Process for assessment and establishing the plan of care;
- Staffing numbers/pattern;
- Staff training and continuing education including four (4) hours related to dementia care and training for cultural competencies;
- Physical environment and features, including security features;
- Resident activities related to dementia care;
- Family support program;
- Cost/fees of care.

Staffing Ratios: All Assisted Living providers in Nebraska are required to have staffing resources and training that are sufficient to meet the level of supervision and assistance with activities of daily living, personal care, and health maintenance activities that are required by the residents as defined in the resident service agreements. They are required to have at least one staff person on the premises at all times when necessary to meet the needs of the residents as required in the resident service agreements. Due to the variable needs of residents living in Assisted Living services, the staffing ratios for these services can vary widely.

The survey respondents overwhelmingly indicated that memory care services have a significantly higher staffing ratio than that of typical assisted living services. Those responding to the staffing ratios question (32 respondents) indicated that their staffing ratio ranged from 3 and 12 residents to one staff member for direct care staff. They also indicated that these staff have a higher level of education and are typically certified staff. The overall average staffing ratio for memory care direct staff was five residents to one direct care staff. In addition, many respondents discussed the additional support provided by nursing staff and specialized activity professionals that are not included in those staffing ratios. Many of these programs also have a separate administrative staff person.

Increase in Medicaid Waiver for Memory Care: Respondents to the survey were asked if an increase in the Medicaid Waiver rate for supporting those with memory care would increase their ability to accept more participants with Medicaid Waiver or if it would reduce their period of private pay. There was not an overwhelming “yes” to this question. While many providers

stated that there would be potential to support more participants or reduce their private pay period, an equal number stated it would not improve their ability or that it would depend on the rate increase being equal to that of privately paid individuals.

DRAFT

**Pilot Care Navigator Project
September 5, 2025**

Attending: Trish Bergman, Montanna Walling, Diane Hendricks, Melanie Haynes-McCurry, Sadie Hinkel, Jina Ragland, and Joni Dulaney

Guest: Danelle Hubbard – Alzheimer’s Association

Thanks to Sadie, the subcommittee had the chance to meet Danelle Hubbard with the Alzheimer’s Association. She is a regional representative covering several states including Nebraska.

Danelle provided an introduction to the pilot project, GUIDE. An offering available to people using basic Medicare. She also discussed the use of Rippl as a telehealth product. There are others that she mentioned including EmpowerMe, Tembo Health, Synapticure, Pocket RN, Harmonic Health, Isaac Health and Vesta Healthcare.

Locally, Medicine in Motion is the recipient of pilot funding for this project. Anyone serving as a pilot site needs.

Several questions were raised during the meeting. A request was made to Danelle in October which she has agreed to do. Her slides will be shared with the larger advisory council.

Dementia GUIDE Model

Guiding an Improved Dementia Experience (GUIDE)



What is the GUIDE Model?

GUIDE is a no cost, voluntary, nationwide model that aims to support people with dementia and their unpaid caregivers.

In Colorado, there are seven (7) GUIDE Providers:

1. ALLWays Supportive Care
2. Bloom Healthcare
3. HopeWest Dementia Support
4. Sangre DeCristo Community Care
5. TRU Community Care
6. University of Colorado Medicine
7. Journey of Care

GUIDE Care Components

1. Dementia focused comprehensive assessment
2. Care planning
3. 24/7 access, ongoing monitoring and support
4. Care coordination
5. Transitional care management
6. Referral and coordination of services and supports
7. Medication management and reconciliation
8. Caregiver education and support
9. Respite benefits

The GUIDE Model focuses on comprehensive, coordinated dementia care and aims to improve quality of life for people with dementia, reduce strain on their unpaid caregivers, and enable people with dementia to remain in their homes and communities. This model emphasizes a structured, yet flexible approach to address the comprehensive needs of individuals living with dementia and their care partners and is a great resource for people diagnosed with ADRD and their care partners. No cost for GUIDE enrollment.

Who is eligible for GUIDE Services?

1. Original Medicare - Traditional or Fee for Service (FFS) - Not Medicare Advantage.
2. A dementia diagnosis of any stage or type - Not mild cognitive impairment.

Interested in learning more or have questions? Scan the QR Code or visit the [CMS GUIDE Website](#).



Health Systems Update and New GUIDE Model



OUR MISSION:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

alzheimer's  association®



alzheimer's  association®

What families have told us about their experience after receiving a diagnosis

Commonly told after diagnosis

"Go home and put your affairs in order"

"Nothing we can do for you. Come back in 6 months to a year"

What steps taken post diagnosis

"I searched the internet and was overwhelmed"

"I don't know what to do next"

"How will I handle all of this alone"

Too many times we hear

"I wish I had someone to help me every step of the way"

"I wish I knew about the Alzheimer's Association"



Margaret has been diagnosed with dementia. Her daughter, Kathy, is her caregiver. Margaret and Kathy are concerned about Margaret's future and being able to meet her evolving needs at home.

Common Dementia Care Experience

Many people like Margaret and Kathy feel uncertain about how to access the resources and support they need.



Experience Under GUIDE

The Guiding an Improved Dementia Experience (GUIDE) model offers a comprehensive package of services to improve the quality of life for people with dementia as well as reduce the strain on their caregivers.



SHAPING THE FUTURE OF DEMENTIA CARE NAVIGATION

Comprehensive Care for Alzheimer's Act

FACTSHEET
Comprehensive Care for Alzheimer's Act

Caring for an individual living with Alzheimer's or another dementia poses unique challenges.

However, a change in the payment structure is necessary to enable dementia care navigation.

MAJOR PROVISIONS

- Under the current system, many providers receive little or no payment for dementia care navigation services.
- This bill would allow Medicare to pay for dementia care navigation services.
- This bill would allow Medicare to pay for dementia care navigation services.

Dementia Care Navigation Guiding Principles and Planning Tips

DEMENTIA CARE NAVIGATION
Guiding Principles and Planning Tips

Persons and family members to ensure collaboration and ensure engagement.

Coordinate appropriate and access essential and necessary services.

Take into account the role and responsibilities of dementia care navigation staff.

Address barriers to visiting for medical, legal, and other services, including the option of long-term care.

Provide ongoing, education, and ongoing monitoring, including financial and legal.

Focus on the family unit as well as the individual.

Ensure education and provision of services.

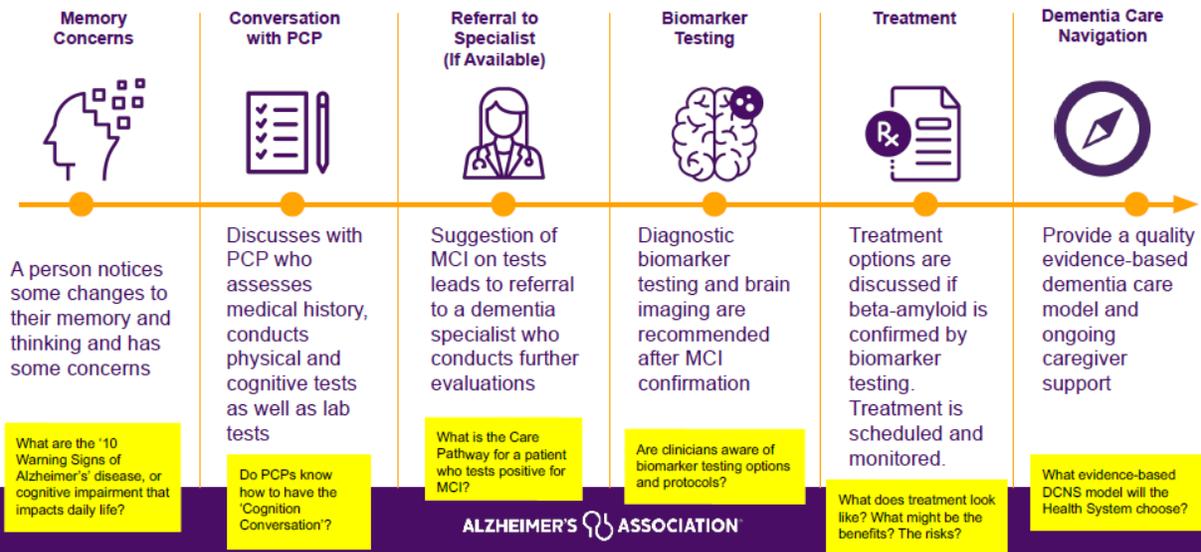
MAJOR PROVISIONS

- Establish a national network of dementia care navigation centers.
- Establish a national network of dementia care navigation centers.
- Establish a national network of dementia care navigation centers.

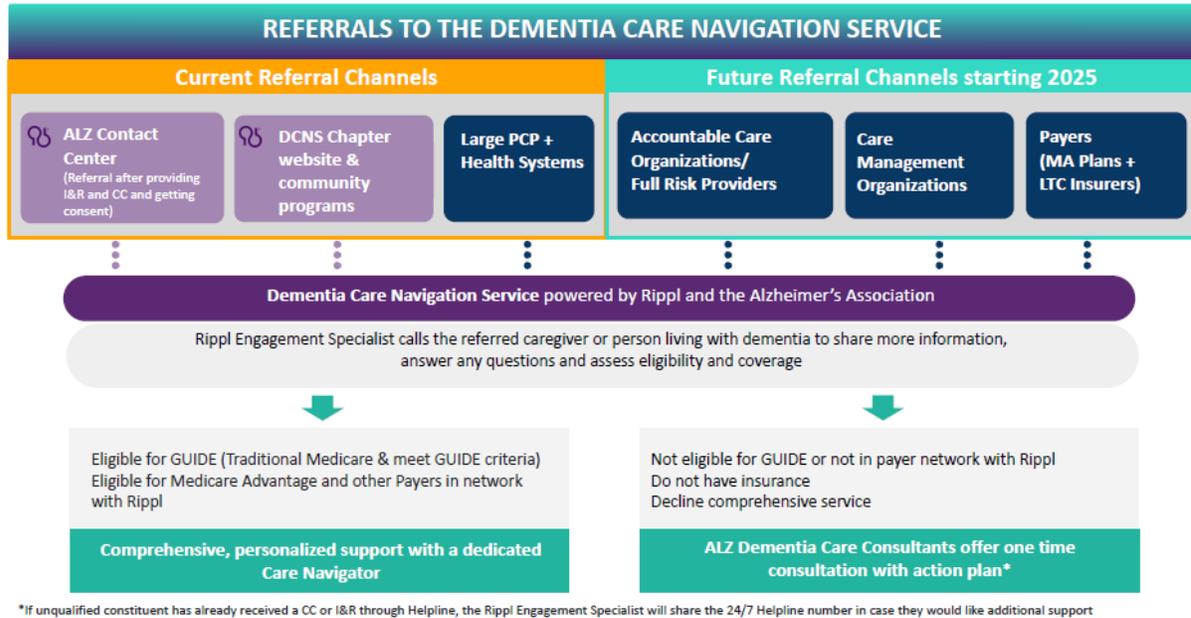
Guiding an Improved Dementia Experience (GUIDE): Requirements

- 24/7 access to support service
- Care coordination & transitional care management
- Caregiver education and support
- Care planning
- Comprehensive assessment and home visit
- Medication management and reconciliation
- Ongoing monitoring and support of the program
- Referral and coordination of social services & support
- Respite services

“Ideal” Patient Journey from Awareness of Cognitive Issues to Treatment



ACCESS STRATEGY FOR ALL PATIENTS & CAREGIVERS



Nebraska GUIDE Awardees

Telehealth

- EmpowerMe
- Tembo Health
- Synapticure
- Pocket RN
- Harmonic Health
- Isaac Health
- Vesta Healthcare

Local

- Medicine in Motion



ALZPro

Your comprehensive hub for professional resources, including **current research**, **clinical guidelines**, **continuing education** and **implementation tools**.

alz.org/ALZPro



ALZPro

Optimize Dementia Care

Practical, evidence-informed tools for every step of the **Care Pathway**.



Risk Reduction

Promote brain health, assess risk, support early detection



Detection and Diagnosis

Support early, accurate diagnosis and clinical staging



Treatment

Support therapy readiness, shared decision-making, and treatment navigation



Care Planning

Guide person-centered care planning and support for people living with dementia

Alzheimer's Association® Dementia Care Navigation Training Series

Alzheimer's Association® Dementia Care Navigation Training Series

The training series is a web-based, 10-hour program covering 11 topics, focusing on person-centered dementia care approaches and strategies. The training is designed to build core competencies of dementia care navigation.

Training Topics Include:

- Introduction to Person-Centered Dementia Care
- Introduction to Dementia Care Navigation
- Alzheimer's and Dementia
- Activities of Daily Living
- Communication and Dementia-Related Behaviors
- Safety, Abuse and Neglect
- Legal, Financial and End-of-Life Planning
- Caregiver Well-Being
- Assessment and Care Planning
- Transition and Coordination of Care
- Cultural Competency

Claim continuing education credit at no additional cost.

Professionals who complete this ALZ® web-based course may be eligible to claim continuing education credit at no additional charge.

Training Series Features:

- Convenient, self-paced, instructor-led learning with interactive activities and real-time communication with the instructor to help the learner apply knowledge into practice.
- Strategies suitable for dementia care professionals providing navigation type services.
- Series includes the training requirements for CACD® and may meet course requirements for other professionals.
- Course designed to align with evidence-based Alzheimer's Association Dementia Care Practice Recommendations.
- Earn eligibility to take the Alzheimer's Association essential® certification exam for dementia care navigators. Certification is valid for 2 years from date of completion.

Dementia Care Navigation Training Series

Audience: Those serving in care navigation roles—including dementia care navigators at QICD® sites.

Price: \$249.99 per person. Discounts available for purchase of 100 or more learners.

CPE Credits Included: Registered Nurses and Social Workers.

Questions? Please contact education@alz.org

The training is not available for group training.

WHO IS SUITED? The Center for Medicare & Medicaid Services (CMS) has certified the Alzheimer's Association as a provider of continuing education for health care professionals. This information can be found here: <https://www.cms.gov/medicare/medicaid-coverage/medicaid-coverage-eligibility/medicaid-coverage-eligibility>

Scan for more information or visit alz.org/navigationtraining

[Information Sheet](#)

Alzheimer's Association® Dementia Care Navigation Training

Alzheimer's Association Dementia Care Navigation Training educates professionals serving in care navigation roles—including dementia care navigators and care coordinators nationwide—on how to apply current evidence-based, person-centered dementia care practices when supporting a person living with dementia and their caregiver.

This comprehensive training covers:

Training 1: Intro to Person-Centered Dementia Care

- Define the key components of person-centered dementia care
- Recognize how each person's unique needs, preferences, and abilities should influence how care is delivered
- List approaches to person-centered dementia care to build trusting, supportive relationships
- Describe how all care team members can apply person-centered dementia care approaches

Training 2: Intro to Dementia Care Navigation

- Define dementia care navigation service
- List the key components of dementia care navigation services
- Recognize challenges in dementia care
- Identify the benefits of dementia care navigation
- Discuss the importance of collaboration among health care providers, community resources, and families in the care navigation process

Training 3: Alzheimer's & Dementia

- Describe the Alzheimer's disease continuum
- Study the impact of dementia in managing comorbidities

Training 4: Activities of Daily Living

- Define activities of daily living and instrumental activities of daily living
- Explain how dementia impacts activities of daily living and instrumental activities of daily living
- Describe how to assess an individual's abilities and determine the appropriate level of support needed
- Identify person-centered dementia care approaches to maximize independence with activities of daily living and instrumental activities of daily living

Training 5: Communication & Dementia Related Behaviors

- Describe how dementia impacts communication and behavior
- Identify common dementia-related behaviors
- Discuss approaches to communication with people living with dementia effectively
- List non-pharmacological approaches to address dementia-related behaviors

[Learning Objectives](#)

DEMENTIA CARE NAVIGATION TRAININGS & SERVICE



COMMUNITIES

Association Community Based Resources, Support Groups and Education



24/7 Helpline

Community Resource Finder



NEW Empowered Caregiver Education



Online Resources

PROFESSIONALS

Dementia Care Training Certification Products and DCN Roundtable



Dementia Care Navigator Training & Certification



Dementia Care Navigation Roundtable

Dementia Care Navigation Service, powered by Rippl and the Alzheimer's Association® provides comprehensive, personalized support for people living with dementia and their caregivers through their care journey.

The right care. The right people. The right place. The right time.



Trualta Subcommittee
September 5, 2025

Cecilia Poon, Colleen Claassen, Josie Rodriguez, Joni Dulaney, Julie Masters

Guests: Michelle Paganucci and Adrienne Choflet – both with GetSetUp

The group had the opportunity to see a demonstration of the GetSetUp product. This product is currently in use by the Nebraska State Unit on Aging. The tool is designed for the general aging population.

A copy of the slides from the meeting were shared by Josie to the subcommittee.

Also – sharing two links from Cecilia of interest.

<https://www.reframingaging.org/>

<https://www.apa.org/about/policy/resolution-ageism.pdf>

DRAFT



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Nebraska and GetSetUp

Lifelong Learning, Community, and Health Since 2022

GetSetUp Advancing Digital & Health Literacy

GetSetUp is the leading online social learning platform built for older adults with all of our classes taught by older adults. Our tailored programs are designed to boost digital engagement, empowering older adults to take an increased interest in their health, learn new skills, connect with others, and unlock new life experiences.

Health and Digital Equity Solutions:

- Built for older adults
- Older adults teaching older adults - builds trust
- Reaches Underserved Populations
- Addresses the Social Determinants of Health
- Programming designed to support older adult needs and partner outcomes
 - Digital & Health Literacy
 - Chronic Disease Management
 - Fall Prevention
 - Caregiving Support
 - Nutrition & Cooking
 - Fitness

At a Glance

4+ Million
Activities in 2024

100+ Partners
State and local governments, communities and health plans

Hundreds of Topics
Classes, Social Sessions, Special Series and more

4 Languages
English, Spanish, Hindi and Mandarin

Around-the-clock programming
Classes available to support our Global community



Our Guides

All of our Guides are:

- Older adults
- Experts in their field
- Vetted and trained in the GetSetUp Academy



Our Programming

We offer a variety of interactive formats to meet the needs of our diverse Learner community.

- **Live Sessions:** Guide-led classes
- **Community Sessions:** Community-led social discussions
- **On-Demand Classes** - Replays of popular sessions

More on classes:

- Class Length Variety - 15 minutes to 1 hour
- Social Activities - Open discussions

Customizable for specific initiatives:

- Caregiver support groups
- Veterans' services classes
- Resource/benefit navigation
- Device specific classes

Caring for Caregivers

Caregivers spend their days helping other people which is wonderful. GetSetUp offers to help Caregivers! Join these sessions with other GetSetUp community members and take some time for yourself to learn something new, sit your spirit and laugh a little!

[Book All Classes](#)

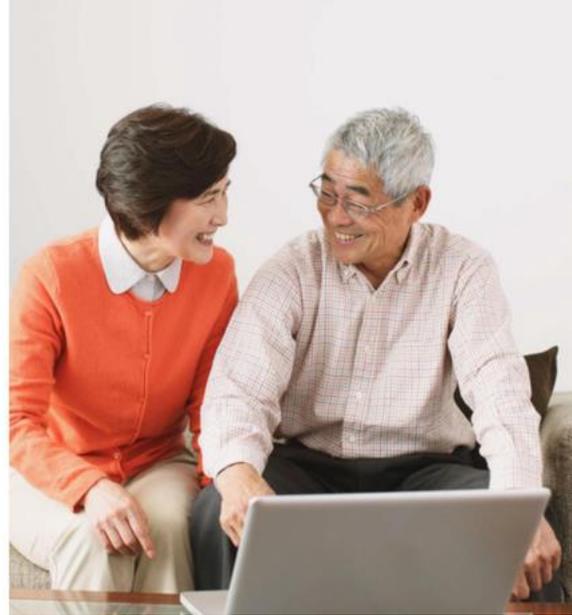
<p>Mindfulness By Christine Springer 📅 Today, 2:00pm Book</p>	<p>Developing Assertiveness Skills By Bernadette Butler 📅 Thu 4 Sep, 1:00pm Book</p>	<p>Caregiving Made Easier with Apps You Already Use (20-...) By Marie Verbrugge 📅 Fri 3 Sep, 2:00pm Book</p>	<p>Amazon Alexa Inclusive Technology for All Abilities... By Marie Verbrugge 📅 Fri 3 Sep, 3:00pm Book</p>	<p>Ease into Yoga: 15-Min Gentle Flow By Tracy Taylor 📅 Sat 4 Sep, 9:00am Book</p>
<p>Telehealth: How to Have a Virtual Visit with Your Doctor By Lisa Manning 📅 Sat 9 Sep, 2:00pm Book</p>	<p>Alzheimer's: What We Know and What We Don't Know By Judith Arnold 📅 Sun 7 Sep, 3:00pm Book</p>	<p>Small Steps to Ease Caregiver Stress (20-min class) By Christine Springer 📅 Mon 8 Sep, 7:00am Book</p>	<p>Stretch and Destress Yoga By Bernadette Butler 📅 Mon 8 Sep, 5:00pm Book</p>	<p>Thinking as a Caregiver: Alzheimer's Support and Self-Care By Judith Arnold 📅 Tue 9 Sep, 10:00am Book</p>

Nebraska Impact Snapshot

Nebraskans Logging In and Leveling Up

Through its partnership with GetSetUp, Nebraska is making real progress on critical goals: reducing isolation, supporting independence, and empowering older Nebraskans statewide.

- Since 2022, over **65,000 GetSetUp classes attended** across Nebraska
- Most popular classes on topics like: “Healthy Living,” “Tech Confidence,” “Mindfulness,” and “Scam Prevention”
- [Nebraska Landing Page](#)



Nebraska Impact Snapshot

Expanding Digital Inclusion in Rural and Urban Nebraska

According to Nebraska’s State Plan:

- 61% of OAA clients are rural, but only 23% of services were delivered in rural areas. GetSetUp helps close this gap.
- By 2035, Nebraskans 60+ will grow by 36%
- Social isolation is a key risk in 67 of 93 counties with fewer than 10,000 people

GetSetUp meets these challenges with virtual engagement, peer-led learning, and 24/7 access.



Alignment with Nebraska's Master Plan on Aging

Complimentary classes to support existing programming

- Content that rounds out existing community offerings
- Support existing community efforts with more content to increase outcomes.



Caregiver Support



Aging in Place



Equity and Inclusion



Rural Inclusion



Elder Justice & Scam Prevention



Health Promotion & Self-Determination

With the ability to create and develop custom classes

- Programming created based on initiatives
- Desired classes that focus on needs of the community
 - addressing key topics in bite-sized consumable content

Our programs are mapped to outcomes

Enabling partners to gather data, enhance digital and health literacy, and drive action all based on the experience we provide and the content that is offered.



Star Ratings and Member Education ↗



Workforce Development ↗



Population Health & Health Equity ↗



Social Connectedness ↗



Health Literacy ↗



Digital Literacy ↗



Fall Prevention ↗



Senior Nutrition Programs ↗



Caregiver Support Programs ↗



Member Engagement ↗



Brain Health ↗



Behavioral Health ↗



Chronic Disease Self-Management ↗



Independent Living Programs ↗



Health, Wellness, and Nutrition ↗

How We Support Caregivers

We focus on caregivers as a whole person to enhance their well-being, connection, balance and access to resources.

GetSetUp enhances the caregiving ecosystem by focusing on:

- **Caregiver Well-Being:** Live, interactive and on-demand sessions on stress management, resilience, fitness, and mental health.
- **Social Connection & Support:** Peer-to-peer groups and discussions that combat isolation and create community.
- **Dual Engagement:** Resources not just for caregivers, but also for care recipients, helping both stay active, engaged, and socially connected.
- **Flexible Access:** Daily live classes and on-demand content that meet caregivers where they are, whenever support is needed around-the-clock.



Caregiving Made Easier with Apps You Already Use (20-min class)

Wade Yarbrough

Class

Guide

Are you caring for a spouse, parent, or loved one? This class is designed for older adults who are actively caregiving and looking for smart, simple tools to make life easier. Explore helpful mobile apps that can assist with daily tasks like scheduling, reminders, and staying connected with family members.

How We Support Caregivers

We bring quality content to compliment and round out partner services

Caregiving catalog curated based on desired offering:

- Informal learning on caregiving topics (broad lifestyle, health, tech, and financial literacy)
- Caregiver well-being (self-care, stress management, peer groups, fitness, social connection)
- Classes to be taken with loved ones

[GetSetUp_Caregiving_Channel](#)

[Example of Partner Caregiving Channel](#)

Online Learning with GetSetUp™
Expand your mind, enrich your life

Search

Tech Tools to Support Family Caregivers
Lee Weinberg, Length: 36 min

Watch

Wellness Caregiving Health & Wellness Food & Nutrition Technology Creativity for Wellness Finance

Appendix

Master Plan on Aging Mapping GetSetUp Content Calendars / Details Additional Nebraska Learner Testimonials

What We've Achieved Together

We've addressed many of Nebraska's Master Plans on Aging's core goals, including:

Aging in Place

- Technology Basics for Older Adults (using smartphones, tablets, smart home devices to stay independent)
- Fall Prevention & Balance Series (exercise, mobility, and home safety tips)
- Financial Wellness for Retirement (budgeting, benefits, and avoiding financial pitfalls)

Rural Inclusion

- Virtual Social Hours & Community Series (accessible to those in rural areas without nearby senior centers).
- Digital Literacy & Internet Basics (helping those with limited tech experience connect online).
- Telehealth 101 (navigating online healthcare tools, especially valuable where providers are scarce)

Caregiver Support

- Caregiving Series (stress management, navigating resources, balancing self-care)
- Workshops with Experts on dementia, chronic conditions, and daily caregiving strategies cultural celebrations).



What We've Achieved Together

We've addressed many of Nebraska's Master Plans on Aging's core goals, including:

Elder Justice & Scam Prevention

- Fraud & Scam Prevention Workshops (recognizing online and phone scams)
- Cybersecurity Basics (safe passwords, avoiding phishing)
- Financial Safety Series (protecting assets and spotting exploitation)

Health Promotion & Self-Determination

- Movement & Fitness Classes (yoga, strength, walking programs)
- Nutrition & Healthy Cooking Series (meal prep for wellness)
- Mindfulness & Mental Wellness (stress reduction, meditation, sleep health)
- Chronic Disease Self-Management (programs empowering individuals to manage conditions)

Equity and Inclusion:

- Lifelong Learning for All (classes offered in multiple languages, cultural celebrations)
- Storytelling & Cultural Exchange Series (sharing traditions and life stories)
- Classes for Veterans, LGBTQ+, and Diverse Communities (identity-affirming spaces)



"I cannot tell you how beneficial this class was. I learned so much" - Irene from attending the Dementia: Conquering the Challenges of Caregiving session

"Jennifer Kimball was outstanding and so was this class. I gained more information than I previously experienced with friends, Mom and fiancée, who have passed and had Alzheimer's. Thank you Jennifer." - JoAnne from attending the Alzheimer's: What we Know and What we Don't Know session

"Excellent class with a great deal of new information." - Mary from attending the Dementia: Conquering the Challenges of Caregiving session

"My fourth time attending one of Jennifer's classes. Topics are very relevant to my like situation. I learn so much at each and every one of them." - Barbara from attending the Alzheimer's: What we Know and What we Don't Know session



Caregiver Support



- Peggy found caregiving sessions from home thanks to GetSetUp classes.



Content & Programming

2025 Content Campaigns: "Pathways to Possibilities"

Four campaigns to empower your active agers:

- **Ageless Fitness:** Build resilience and physical wellness
- **Creativity for Wellness:** Inspire self-expression and joy
- **FinanceWise:** Empower smart financial choices
- **Digital Literacy for All:** Strengthen confidence with technology



September Content Focus

Highlights to share with your team and partners:

- **Ageless Fitness:** [Mental Fitness Matters](#)
- **Creativity for Wellness:** [Writing for Wellness & Self-Discovery](#)
- **FinanceWise:** [Insurance Insights](#)
- **Digital Literacy for All:** [Tech for Better Health](#)

September Celebratory Series and Holidays

- [National Preparedness Month](#)
- [Pain Awareness Month](#)
- [Healthy Aging Month](#)
- [World Alzheimer's Month](#)
- [Falls Prevention Awareness Month](#)
- Classes for Sepsis Awareness Month and Grandparent's Day



October Content Focus

Highlights to share with your team and partners:

- **Ageless Fitness:** [Chronic Wellness Program \(CWP\)](#)
- **Creativity for Wellness:** [Seasonal Creations](#)
- **FinanceWise:** [Financial Foundations](#)
- **Digital Literacy for All:** [Cybersecurity Awareness: Stay Safe Online](#)

October Celebratory Series and Holidays

- [National Cyber Security Awareness Month](#)
- [Health Literacy](#)
- [Medicare Resources](#)
- [Breast Cancer Awareness](#)
- [Halloween](#)
- [Ageism Awareness Day](#)



Content and Programming Partner Marketing Toolkit - Updated Monthly



[Co-Branded
Flyers](#)



[Email Images](#)



[Social Media Assets](#)



[How to Book a
Class Guide](#)



[Joint-Press
Activities](#)



[Partnership Logos](#)

November Content Focus

Highlights to share with your team and partners:

- **Ageless Fitness:** [Chronic Wellness Program \(CWP\)](#)
- **Creativity for Wellness:** [Thankful Arts](#)
- **FinanceWise:** [Giving Gracefully](#)
- **Digital Literacy for All:** [Artificial Intelligence \(AI\) Made Simple](#)

November Celebratory Series and Holidays

- [American Diabetes Month](#)
- [Alzheimer's Awareness Month](#)
- [National Family Caregivers Month](#)
- [Fraud Awareness Week](#)
- [Celebrate the Holidays with GetSetUp](#)
- COPD Awareness Class
- Veteran's Classes



December Content Focus

Highlights to share with your team and partners:

- **Ageless Fitness:** [Ageless Fitness Celebration](#)
- **Creativity for Wellness:** [Holiday Art, Food & Music](#)
- **FinanceWise:** [Financial Goals](#)
- **Digital Literacy for All:** [Celebrate Your Tech Journey](#)

December Celebratory Series and Holidays

- [Celebrate the Holidays with GetSetUp](#)
- [Medicare Resources](#)
- National Identity Theft Awareness Classes

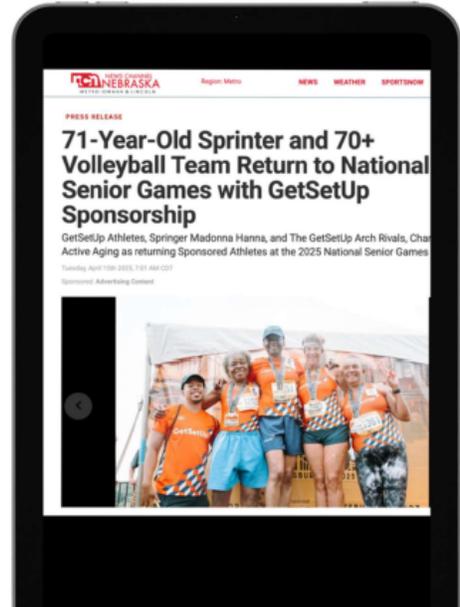


Media & Public Engagement

This work has been featured in over 20 media mentions, including:

- [Government Technology Magazine](#)
- [MSN News](#)
- [Star Herald Nebraska](#)
- [Pandhandle - News Channel Nebraska](#)
- [Metro - News Channel Nebraska](#)
- [SouthEast - News Channel Nebraska](#)
- [River Country - News Channel Nebraska](#)

The partnership media has reached over 300,000 Nebraskans through media coverage, with over \$14,000 in publicity.



Looking Ahead

A Stronger Nebraska, One Class at a Time

GetSetUp and NDHHS are committed to:

- Expanding GetSetUp's reach across **all 93 counties**
- Embedding GetSetUp in more **communities, AAAs, senior housing, and rural service hubs**
- Enhancing content on **chronic disease, digital scams, trauma-informed care, and financial literacy**
- Promoting multilingual and culturally tailored classes, especially for Spanish-speaking and Native American communities

www.getsetup.io/partner/nebraska



August Content Focus

Highlights to share with your team and partners:

- **Ageless Fitness:** [Mindful Movement](#)
- **Creativity for Wellness:** [Mindful Crafting and DIY](#)
- **FinanceWise:** [Health is Wealth \(Caring & Costs\)](#)
- **Digital Literacy for All:** [Organize Your Digital Life](#)

August Celebratory Series and Holidays

- [National Wellness Month](#)
- [National Senior Citizens Day](#)
- [National Senior Games \(Move Your Way to Better Fitness\) \(July 24 - Aug 4, 2025\)](#)



Creating Healthy Boundaries

A boundary is a way you communicate what is and isn't acceptable, or how others should and shouldn't treat you for the sake of your and their mental well-being. Learn how boundaries make life better, and how to set them.

"Very good. Very easy to follow. Very good presentation. How to paint pictures."



Health Promotion
& Self-
Determination



- **Kathy, from Nebraska**, found health and wellness support from home thanks to GetSetUp classes.



Air Fryer Cooking: Crispy Potato Slices with No Oil

Looking for a guilt-free indulgence? Join this class to learn how to make perfectly crispy potato slices in your air fryer with no oil!

"Fun. Easy to understand very knowledgeable. Thank you."



Health Promotion
& Self-
Determination



- **Shyla, from Nebraska**, found health and wellness support from home thanks to GetSetUp classes.



30-Minute Workout For Better Balance & Flexibility

Balance is of great concern as we age, want to live independently and avoid falls. Agility training helps improve coordination, balance and the brain-body connection. In this class we'll cover some basic exercises you can do to improve agility, balance, and flexibility.

"I have drop foot, so balance is a challenge. It's good for me to move and stretch in different ways than my daily activity requires. I loved the 30-minute format — I may not have committed to an hour, but 30 minutes of stretching and balance work is a great way to start my day!"



Health Promotion
& Self-
Determination



- **Linda, from Nebraska**, found health and wellness support from home thanks to GetSetUp classes.



Creating Healthy Boundaries

A boundary is a way you communicate what is and isn't acceptable, or how others should and shouldn't treat you for the sake of your and their mental well-being. Learn how boundaries make life better, and how to set them.

*"Calm voice. ❤️ Informational.
Emotional self care."*



Health Promotion
& Self-
Determination



- **Shyla, from Nebraska**, found health and wellness support from home thanks to GetSetUp classes.



Strength Training At Home

This workout designed just for seniors includes exercises to work for all the major muscle groups throughout the body. Designed to be done at home. You need dumbbells, but you can substitute cans, cartons, bottles, etc. The exercises help you improve or maintain functional stability and balance so that activities of daily living remain accessible as you age

*"I want more Strength Training At Home . . .
The repetitions, the progression, and the daily
need to do these sessions is critical to the
health, fitness, mobility, strength, balance,
toning, and overall well being."*



Health Promotion
& Self-
Determination



- **Lana, from Nebraska**, found health and wellness support from home thanks to GetSetUp classes.

