

**DHHS Division of Developmental Disabilities and Aging
State Unit on Aging
Alzheimer's Disease and Other Dementia Advisory Council Meeting
Friday, November 21, 2025**

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

Voting Members Absent: NA

Non-Voting Members Present: Josie Rodriguez, Terri Ridder, Timothy Tesmer

Non-Voting Members Absent: Odessa Schoneberg

Council Staff Present: Joni Dulaney

State Unit on Aging Staff Present: Ben Stromberg

Guest: Chris Kwapis – Tualta

This meeting was held virtually. A link was provided for Council members and members of the public to attend virtually. The meeting was called to order at 10:01 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 is available on the Council webpage.

Approval of Minutes

A motion to approve the October 17, 2025, meeting minutes was made by Corie Sass and seconded by Julie Masters. No corrections were requested to the minutes.

A roll call vote was taken: Yes – 7; No – 0; Abstain – 3.

Presentations

Chris Kwapis with the Tualta Care Network gave a demonstration of Tualta. Tualta began as a way to increase the direct support workforce and certify professional, paid caregivers. While there were resources available to paid caregivers, there was not much available to family caregivers. These caregivers needed information in the form of videos, articles, and interactive exercises that were ADA compliant and accessible 24/7 from any device. Currently, Tualta is in 35 states with 10 of those states offering Tualta statewide. They hit over 6 million minutes of training through the platform. Tualta has expanded their peer support groups, webinars, and forums as they saw this as a great need.

Chris walked members through a demonstration of the platform from creating an account and selecting the topics important to the caregiver, to viewing the articles, activities, and forums specific to the topics selected, to how to sign up for the activities and forums. Articles can be read on the platform, listened to, or printed. There is also an option to share content with someone who is not on Tualta. Toolkits offer scenarios of situations with different options of how to respond and redirect. Live events can be filtered by type (webinar, anonymous group,

class), day of the week, and host. There is also a place on Trualta for local partners (AAAs) to provide content, resources, events, etc. Trualta recently broke out rural versus urban caregiver usage that shows rural caregivers do 55% more activities through Trualta than caregivers in urban areas. A copy of the presentation is included at the end of these minutes.

Election of the 2026 Chair and Vice Chair

As noted in the Council by-laws, the Chair and Vice Chair serve one, one-year term. Officers may be elected for one additional consecutive term unless they are fulfilling the remainder of a vacant Council position. Elections are held at the last meeting of the year. In December 2024, Tracy Lichti was elected Chair and Chris Kelly elected Vice Chair for calendar year 2025. Nominations for 2026 Chair and Vice Chair were made by Council members.

Julie Kaminski nominated Tracy for re-election to the Chair position; John Croghan seconded. No other nominations for Chair were received. Tracy was given time to address the members to state why she would like to remain Council Chair. Members used the Webex chat feature to send their secret vote to State Unit on Aging staff member Ben Stromberg. Ben tallied the results and announced that Tracy received all 10 votes.

Mary Ann Stallings nominated Chris Kelly for the Vice Chair position; Julie Masters seconded. No additional nominations were received. Chris addressed the members to state why he would like to be re-elected Council Vice Chair. Members sent their secret votes to Ben through the Webex chat. Ben tallied the results and announced that Chris received all 10 votes.

Tracy and Chris are re-elected as the Council Chair and Vice Chair, respectively.

Meeting Schedule for 2026

A list of proposed dates for the 2026 meeting schedule was sent to Council members prior to the meeting. These dates reflect keeping the meetings on the third Friday of each month except December, when there would be no meeting. Members agreed upon these dates and the 10:00 am to 12:00 pm meeting schedule:

January 16	Virtual
February 20	Virtual
March 20	In person – location TBD
April 17	In person – location TBD
May 15	In person – location TBD
June 19	In person – location TBD
July 17	In person – location TBD
August 14	In person – location TBD
September 18	Virtual
October 16	Virtual
November 20	Virtual
December	No meeting

Meeting invites will be sent to members to get these dates on their calendars.

Subcommittee Reports

Trualta Subcommittee:

Julie Masters reported that the subcommittee has recommended the Trualta product after reviewing both Trualta and GetSetUp. With this subcommittee completing their work, Julie has talked with the members about whether they would be interested in serving on a different subcommittee. They were asked to let Joni Dulaney know of their interest; Joni will work with subcommittee leads to get them the names and contact information. A copy of the Trualta Subcommittee report can be found at the end of these minutes.

Pilot Care Navigator Subcommittee:

Julie Masters reported that this subcommittee wants to continue to meet. They understand that while the funding likely would not be there for both Trualta and pilot Care Navigator, there is still a vital need to ensure that caregivers have resources to rely upon. Julie referenced the Alzheimer's Association's app, [My Alz Journey](#), and wondered if there are other apps that caregivers can use on smart phones. She also noted that AARP is offering challenge grants. A copy of the Pilot Care Navigator Subcommittee report can be found at the end of these minutes.

Public Health Subcommittee:

Chris stated that this subcommittee did not meet. He noted that there are some training events being planned in 2026. Information and reminders will be shared. It is hoped that similar events will be able to happen in underserved parts of the state, specifically the northeast and southern border of the state. Chris thanked the members of the subcommittee and added that they will continue to meet.

Memory Care Rate Subcommittee:

Kierstin Reed reported that the subcommittee met in October. She noted that there are positive steps in the data they have gathered for assisted living to show the current capacity among providers. Subcommittee members want to continue to gather data in this area. They were told that memory care rates may be part of the rural health transformation fund. This could be a three-year pilot. They also want to continue to look at the memory care rates for nursing homes to look at their capacity – how many memory care beds there are in nursing homes and how many would accept Medicaid, and look at the addition of home and community-based services to round out the Medicaid funding for memory care and dementia support. Even with the highest rate increase in the proposal, providers would not receive enough funding to cover their costs. They would have to weigh whether they can increase the number of people they can support on that waiver. This may not increase capacity, but it might reduce the amount of time that someone would need to private-pay and may change the market for who could get into those beds. This issue would need to be addressed on an ongoing basis. Another area this group would like to explore is: if there are people in a nursing home

level of care with Alzheimer's or dementia, could they be supported in assisted living if there was a bed available and the rate was appropriate?

Josie Rodriguez added that she spoke with individuals leading the DHHS effort for the rural healthcare grant. They did recognize and understand the need for memory care for individuals and caregiver support. It was identified, but it does not identify any specific organizations. Those discussions would happen when the funds come in. Josie has asked to be part of those discussions to share what the Alzheimer's Council is learning. Dr. Tesmer is also part of this DHHS group for Public Health. He noted that as of January 1, 2026, and again ten months later, there must be measurability to show what has been implemented in the State. He added that the Rural Health Advisory Commission will act as the landing group as communication transpires. They could be an outlet for the Alzheimer's Council through Dr. Tesmer.

Tracy talked about the 2026 Update Report and what recommendations will be addressed in this annual report to the Legislature. If the Pilot Care Navigator Subcommittee wants to continue, a Council member will need to step up to lead this as Julie Masters, current lead, is at the end of her term on the Council. Joni will send the list of prioritized recommendations to members for review and decision at the January 16, 2026, meeting.

Announcements

The next meeting is January 16, 2026, and will be held virtually. The meeting link will be sent.

Joni added that the Governor's Appointment Office sent an email confirming the names of the members whose terms are ending in December. They have received four applications, including one to represent the AAAs. Julie Masters, Julie Kaminski, and Mary Ann Stallings have indicated they would not seek reappointment. Lisa Marks asked for time to consider whether she will request reappointment. More information will be shared as it is received.

Adjourn

The meeting adjourned at 11:25 a.m.



**Alzheimer's Disease and Other
Dementia Advisory Council Meeting
Tualta Demo**

Friday, November 21, 2025

Agenda

- 01 Tualta Overview
- 02 Platform Demo
- 03 Our Work in Other States
- 04 Questions

Trualta Overview



About Trualta



★ WHAT WE DO
Trualta equips family caregivers with practical skills and 24/7 support to help older adults remain safely at home—reducing strain on the long-term care system and improving outcomes for aging programs.

★ WHO WE WORK WITH
We partner with state aging departments, AAAs, and healthcare providers—including GUIDE participants—to extend the reach of HCBS and support family caregivers across the lifespan.

★ WHY STATES CHOOSE US

- 20% reduction in unexpected ED visits
- 15-month delay in long-term care placement
- Extending capacity of the aging network



10
State Partners



6M Minutes
of Training



90+
Partners



35
States

What is Trualta?

Full spectrum support for all caregivers, across conditions and the lifespan



- » **Family caregiver training**
 - » Content across conditions and the lifespan
 - » Accessible from any device, 24/7, evidence based training
 - » Bite-sized (2-8 minute), ADA compliant articles, audio, video and interactive lessons in both English and Spanish
- » **Peer support**
 - » **Support groups:** conditions specific, general, drop-in, and anonymous
 - » **Webinars:** live weekly, recorded and posted for 24/7 access
 - » **Forum:** 24/7 care community to facilitate caregiver-caregiver connection
- » **Professional development training**
 - » 29 hours of formalized professional training
 - » Quizzes and final exam
 - » Care Essentials Certification
 - No defined training req. in NE outside of medicaid orientation

Trualta Inc. 2024

Jim's Journey as a Caregiver in Nebraska



- Caregiver self registered
 - User information:** Age 60+ Male caring for his spouse, English speaker
 - Topics selected:** Alzheimer's & Dementia, Primary Caregiver
- Caregiver seeks training on Alzheimer's & Dementia, burnout, and stress management
 - Example Modules:** 3 Types Of Stress In Burnout, Responding to Repetition
- Caregiver attends **Community Events:** Anonymous Talk: Anxiety & Stress, Drop-In Caregiver Support Group
 - “ It was a great break from it all and connecting with others who are experiencing similar situations as myself. Uplifting. Thank you to the facilitator and everyone who attended. ”
- Caregiver engages with:
 - 621 minutes in the platform
 - 51 pieces of content
 - 3 toolkits
 - 16 live events



Aging Partners - Lincoln, NE



In 12 months:

- » 170 caregivers
- » 10 staff
- » 1,220 content views
- » 8,478 minutes of training
- » 6,971 minutes of events

Most Viewed Content:

	Content Title
1	City of Lincoln Resources
2	3 Types Of Stress In Burnout
3	Communication Q&A with Teepa Snow
4	4 Skills for Documents & Decision Making
5	Signs It's Time For Assisted Living
6	Family Issues
7	Compassion Fatigue: What is It?
8	Emergency Planning Workbook
9	Claire's Story: Communication Changes
10	Skills for Responding to Communication Changes

User Growth Tracker



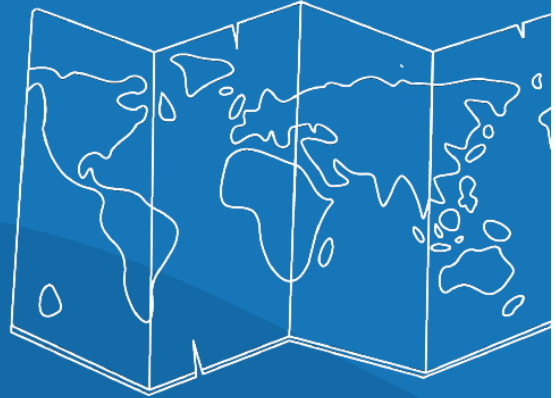
Trualta Promotional Support 3 Day Roadshow with Darci July 31, 2024 - August 2, 2024

- Caregiver Burnout Webinars
- Fall Prevention Webinar
- Trualta Demonstrations to Caregivers and Staff
- Caregiver BINGO activities
- Live and Learn Segment

62 New caregiver enrollments!

Platform Demo

Our Work in Other States



Trualta powers 10 statewide caregiver portals



New York

- Available to everyone across the state - **servicing 5,250+**
- **Caregivers** self-register on statewide portal and can access local events
- Partnership with community based organizations to **cross-pollinate state programs**

Iowa

- **Caregivers** self-register using their Iowa ID
- **Support Workers** self register with their Iowa ID and have access to **Care Essentials Certification courses**, staff can access **Case Manager Refresh courses**
- **2,550+** registered users

South Dakota

- **Over 50 staff trained in less than 90 days of go-live**
- **Caregiver** self-registers using SDDHS login, leveraging SSO
- **Staff** are able to invite caregivers with existing SDDHS accounts

OUR EXPERIENCE

Partnerships in 35 States across the US, Including Statewide in SD, MN, NC, WA, NH, WI, NY, VT, IA, & DE

Trualta powers 10 statewide caregiver portals

New York

- Available to everyone across the state - **servicing 5,250+**
- **Caregivers** self-register on statewide portal and can access local events
- Partnership with community based organizations to **cross-pollinate state programs**

Iowa

- **Caregivers** self-register using their Iowa ID
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Appendix

Quantitative Outcomes: Road to \$10M in Savings

Long-term care delayed placement

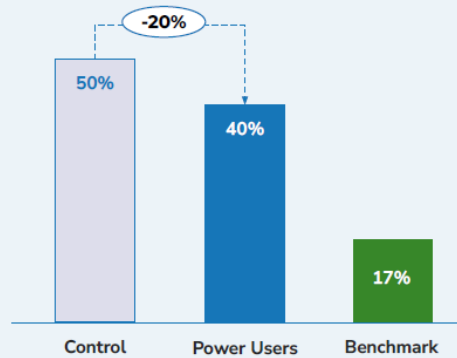
28% Power users more likely to remain in caregiving role

32% More likely to remain in role past 200 minutes of engagement

Resulting in an average delayed LTC placement by 15 months per caregiver

LTC diversion savings from 1000 power users:
\$8.4M

ED Utilization Rate



ED utilization savings from 1000 power users:
\$1.3M

Trialta's peer-reviewed evidence base drives the ROI

Trialta's Quantified Health Outcomes

- 20% lower rates of ED utilization for Trialta power users than control group¹
- 15 month delay in long term care transitions for Trialta power users than control group²

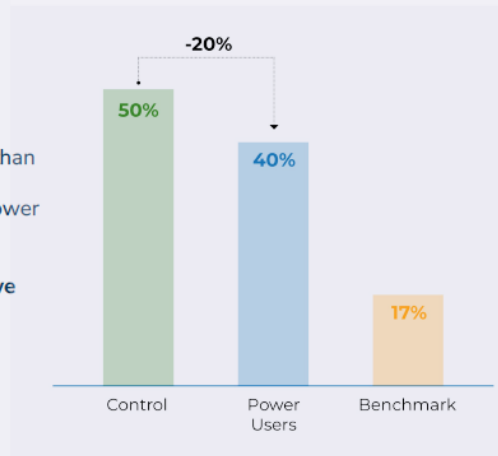
When caregivers are offered access to Trialta, in just 30 days we see the following:

- 12% decrease in behavioral symptom severity
- 10% decrease in distress³
- 30% increase in caregiver fulfillment

Two years later:

- 75% said Trialta helped keep their care recipient at home longer
- 56% said Trialta helped reduce ED visits

ED Utilization Rate




Estimated Yearly Savings of **\$1,300,000** from 1000 Caregiver Power Users


1: Internal analysis, January 2024; Power users complete 15+ activities on Trialta's platform

2: Internal analysis, March 2025; Power users complete 15+ activities on Trialta's platform

3: Price et al., Caregiver Response to an Online Dementia and Caregiver Wellness Education Platform. *J Alzheimers Dis Rep.* 2021; 5(1): 433-442

Outcomes

93%  Of Trialta caregivers have learned new skills to provide better care

90%  Feel more confident in their caregiving abilities

87%  Have improved their ability to manage stress, reducing burnout

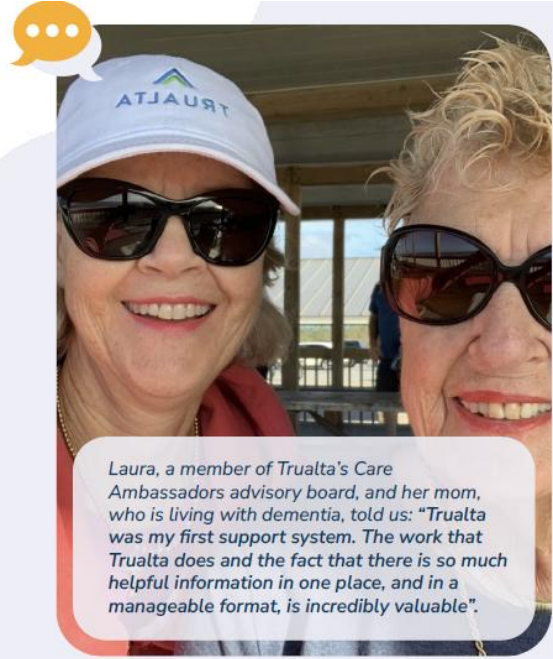


Members say caregiver support is an important quality measure

85% Of users said that their current health plan **did not offer** benefits for caregiving

81% Of users said a service like Trualta **would improve the quality of their plan**

9 of 10 Of users **would recommend Trualta** to another caregiver or member



Laura, a member of Trualta's Care Ambassadors advisory board, and her mom, who is living with dementia, told us: "Trualta was my first support system. The work that Trualta does and the fact that there is so much helpful information in one place, and in a manageable format, is incredibly valuable".

Tualta Subcommittee Meeting

November 7, 2025

Attendees: Michele Magner, Cecilia Poon, Colleen Claassen, Josie Rodriguez, Julie Masters

Since its initial meeting, the group has engaged in a thorough search of resources to inform and support caregivers in their role.

Products explored included GetSetUp, a web-based program currently in use by the Nebraska State Unit on Aging and Tualta. Tualta was used by Aging Partners and funded through ARPA funding. The product was well received by the AAA and caregivers using it through Aging Partners.

Of the two products, Tualta is found to be most comprehensive and robust in supporting caregivers of all ages. While the focus of this subcommittee (as part of the larger Alzheimer's and other Dementia Advisory Council) is in supporting caregivers of persons living with dementia, there are other caregivers supporting children, younger family members, etc. that could also benefit from the Tualta product.

Like other initiatives, the fiscal note is a challenge. It is anticipated that the annual fee for Tualta is approximately \$140,000. If this is spread across multiple groups, this shared cost is not as burdensome.

The group discussed a variety of possibilities including Title III-E funds, MAC funds, workforce development, public/private collaboration, and the Nebraska Hospital Association.

The AAAs already are using Title III-E funds for caregiver support. They are also drawing on MAC funding to support staff (ADRC and case management) with these dollars. Shifting funding away from current programming does not seem to be a viable option.

Josie also mentioned the Rural Health Transportation grant that is under review. Josie mentioned the need for memory care and caregiver support has been communicated this to the planning group for this funding. Although their focus is not restricted to aging adults, there could be a possibility of funding from this grant to support Tualta for a limited time.

The group has successfully completed its mission in identifying a product to support caregivers in Nebraska.

Special thanks to all the members for their support and effort in reviewing products to support and sustain those caring for family members and others living with Alzheimer's disease or related dementia.

Pilot Care Navigator Subcommittee

November 7, 2025

Attendees: Diane Hendricks, Trish Bergman, Jina Ragland, Sadie Hinkel, Melanie Haynes-McCurry, Julie Masters

The group discussed accomplishments to date along with potential outcomes for the future.

Our priority is to ensure caregivers have access to resources to help them continue in their role in supporting a loved one in the community.

At this point, it does not seem feasible for a \$100,000/year fiscal note could be covered by the state. The group is committed to exploring other possible options.

There are organizations such as AAAs and I&A, ADRCs, the National Alzheimer's Association, and others which have information to share with caregivers. What is not understood is the extent to which there is a specific dementia/caregiver list covering the state.

Nebraska Medicine/UNMC has a comprehensive list for Douglas, Sarpy and Lancaster County [Patient and Caregiver Resources | Geriatrics and Senior Care | Omaha, NE | Nebraska Medicine](#). This could be a model for the rest of the state in providing information to caregivers and AAAs/ADRCs.

While unknown if AAAs could provide enhanced support, the group also discussed the importance of one-on-one interactions with caregivers. A warm call to support caregivers can go a long way. Could the AAAs offer a once-a-week call-in time for dementia caregivers?

Another suggestion is to develop an App that could be used by caregivers and Health Care Providers alike to access resources. The Alzheimer's Association is offering something the following: [My ALZ Journey App | Alzheimer's Association](#) Could there be something similar that is Nebraska specific?

AARP is also offering Challenge Grants for to support people in livable communities. Up to \$25,000 is available. Information about the grant will be shared with the subcommittee.

The group would like to meet again in December to further discuss/brainstorm options for caregivers. The date for this meeting will be **December 12 at 10:00 am**.