

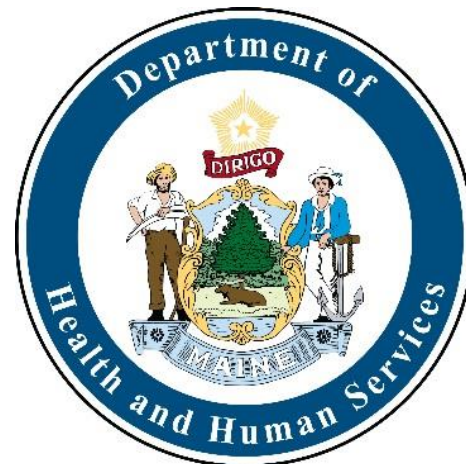
Maine's Public Health Response to Alzheimer's Disease and Related Dementias: Progress, Partnerships, and Future Directions

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Marissa Romano, MPH
ADRD Program Manager
Chronic Disease Programs, Maine CDC
marissa.romano@maine.gov

Jill Carney
Director of Public Policy
Alzheimer's Association, Maine Chapter
jecarney@alz.org



 **ALZHEIMER'S[®]
ASSOCIATION**

Maine Chapter

Acknowledgment of Support & Disclaimer

Marissa Romano, Maine Center for Disease Control and Prevention (Maine CDC)

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Jill Carney, Alzheimer's Association, Maine Chapter

- No disclosures

Learning Objectives

1. Explain why Alzheimer's disease is a public health crisis.
2. Describe the efforts of the Maine CDC's Alzheimer's Disease and Related Dementias Prevention and Support Program, in partnership with the Healthy Brain Initiative Coalition, to strengthen Maine's response to dementia.
3. Identify future opportunities for improving Maine's response to dementia and ways to become involved in those efforts.

MYTH VS. FACT

There is nothing you can do to reduce your risk of living with Alzheimer's; when you get older, memory loss and dementia either happens to you or it doesn't.

MYTH VS. FACT

Family caregivers will naturally know how to care for a loved one with dementia.

MYTH VS. FACT

Less than 10 percent of Americans experiencing mild cognitive impairment ever receive a diagnosis from their doctor.

MYTH VS. FACT

It is important for people aged 65 and older to take steps to protect their brain health.

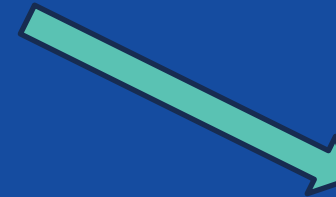
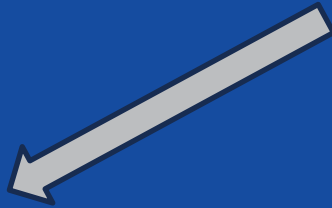
MYTH VS. FACT

It's better to wait until you are certain of cognitive concerns in yourself or a loved one before speaking to a doctor – it's not like there is much that can be done about it.

HEALTHY BRAIN INITIATIVE

Part of a National Strategy to Address Alzheimer's Disease

NATIONAL ALZHEIMER'S PROJECT ACT:
*National Plan to Address Alzheimer's
and Advisory Council*



NATIONAL INSTITUTE OF HEALTH RESEARCH ACTIVITIES

- \$3.9 billion invested (FY26)
- 466 active clinical trials
- Focus: diagnosis and treatment, prevention, and caregiving



HEALTHY BRAIN INITIATIVE

Roadmap for advancing cognitive health as a public health issue.



U.S. CDC BOLD PROGRAM

Provides funding to states to support HBI implementation.



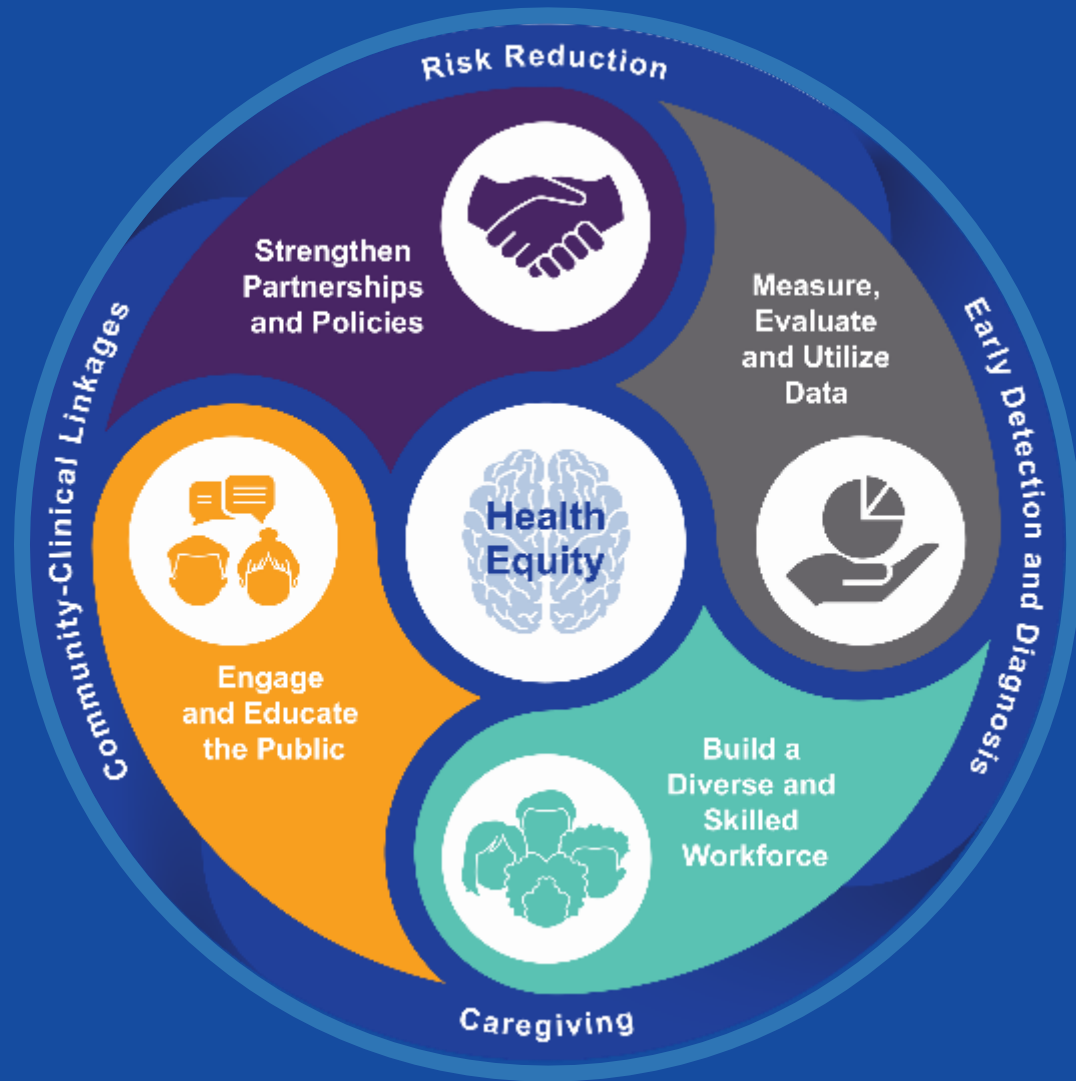
HBI and BOLD translate research findings into public health practice.



**MAINE STATE
PLAN ON
ADRD**

ACTION FRAMEWORK

The framework of the HBI Road Map consists of four domains built from the Essential Public Health Services. The framework is centered by the principles of health equity and surrounded by the areas of practice across the life course.

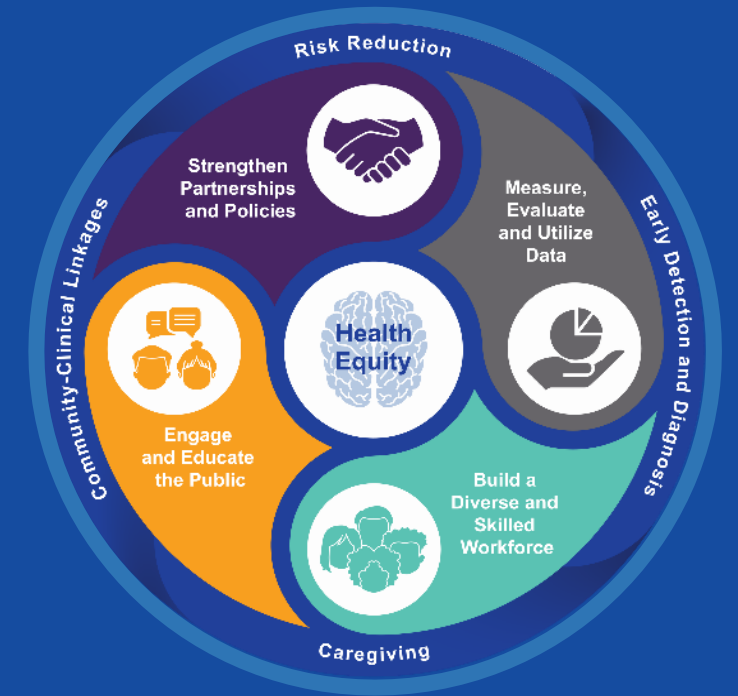


HEALTHY BRAIN INITIATIVE IN MAINE

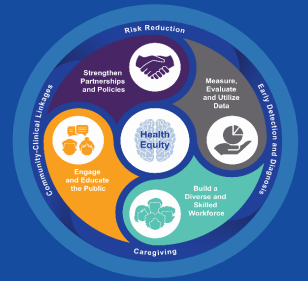
How can a public health strategy help a family affected by dementia?

Case Study

- 80 YO Male exhibiting symptoms of cognitive decline but lacks a formal diagnosis. Has a family history of AD; he's always been concerned he'll get it as well, but doesn't think there is anything he can do about it.
- Previously assured by a PCP his symptoms are a normal part of aging.
- Wife is doing her best to meet his needs, but providing care is getting more demanding. She keeps these struggles to herself.
- Her doctor has noticed her health declining as well but hasn't mentioned strategies for navigating the dementia caregiving process or resources for education and assistance.
- He's gotten lost while driving and even been pulled over for idling at a stop sign. The police officer let him off with a warning, not wanting to have him pay a fine.
- Friends have picked up on changes but are reluctant to raise the issue or ask how they can help, not wanting to pry.
- One night, he was disoriented and agitated, so his wife called 911 for help.



HEALTHY BRAIN INITIATIVE IN MAINE



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An Improved Response

Engages in risk reduction efforts.

PCP schedules a follow-up cognitive exam.

Diagnosis leads to visibility within the health system.

Talks to family and friends about stressors.

PCP refers caregiver to AAAs and the Alzheimer's Association HelpLine. She receives support.

Officers trained on identifying cognitive decline and documentation of infractions.

Friends feel empowered to ask how they can help or offer help with household tasks.

BRAIN HEALTH STRETCH BREAK

Maine Alzheimer's Statistics



PREVALENCE

29,600
of people aged 65
and older with
Alzheimer's

10.1%
of adults over 65
with Alzheimer's



CAREGIVING

66,000
Caregivers
\$3.0 Billion
in total value of unpaid care

71.5%
of caregivers have chronic
health conditions



WORKFORCE

46
Geriatricians in
2021

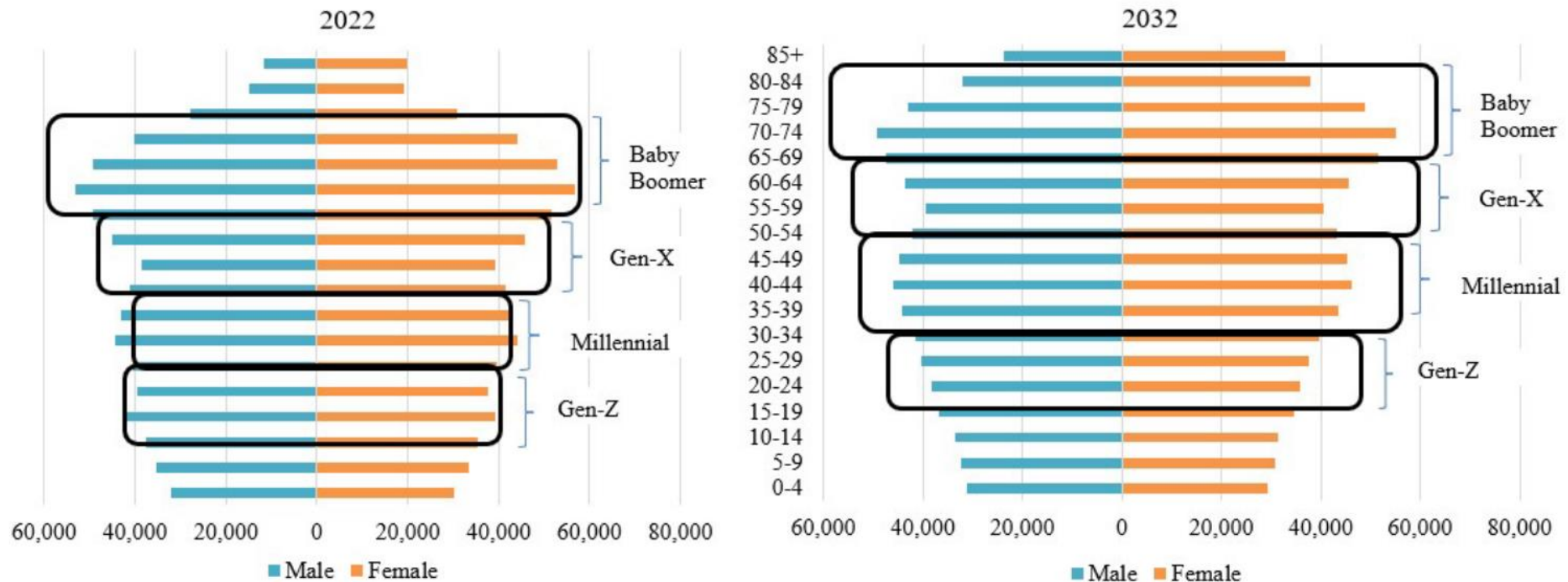
15.2%
increase needed
to meet 2025
demand

Per Capita Medicare Spending on People with Dementia in 2025 Dollars: **\$26,385**

[2026 Maine Alzheimer's Statistics – Facts and Figures](#)

Maine's Demographic Snapshot

- Maine has the highest median age in the country at 44.8 (2024)
- Our death rate exceeds our birth rate
- Expected increase in population of Mainers 65+ by 2032: 35.6%



[Office of the State Economist, April 2025 - Maine Population Outlook 2022-2032](#)

Maine's Response: Building Infrastructure



BOLD INFRASTRUCTURE FOR ALZHEIMER'S ACT

Since 2020, Maine CDC has received BOLD funding from the U.S. CDC to strengthen public health infrastructure.



MAINE CDC ADRD PREVENTION AND SUPPORT PROGRAM

Leading public health efforts to reduce risk, promote early detection, and connect people to supports.



STATE PLAN ON ADRD (2022-2027)

A co-created shared roadmap guiding collective action across six priority areas.

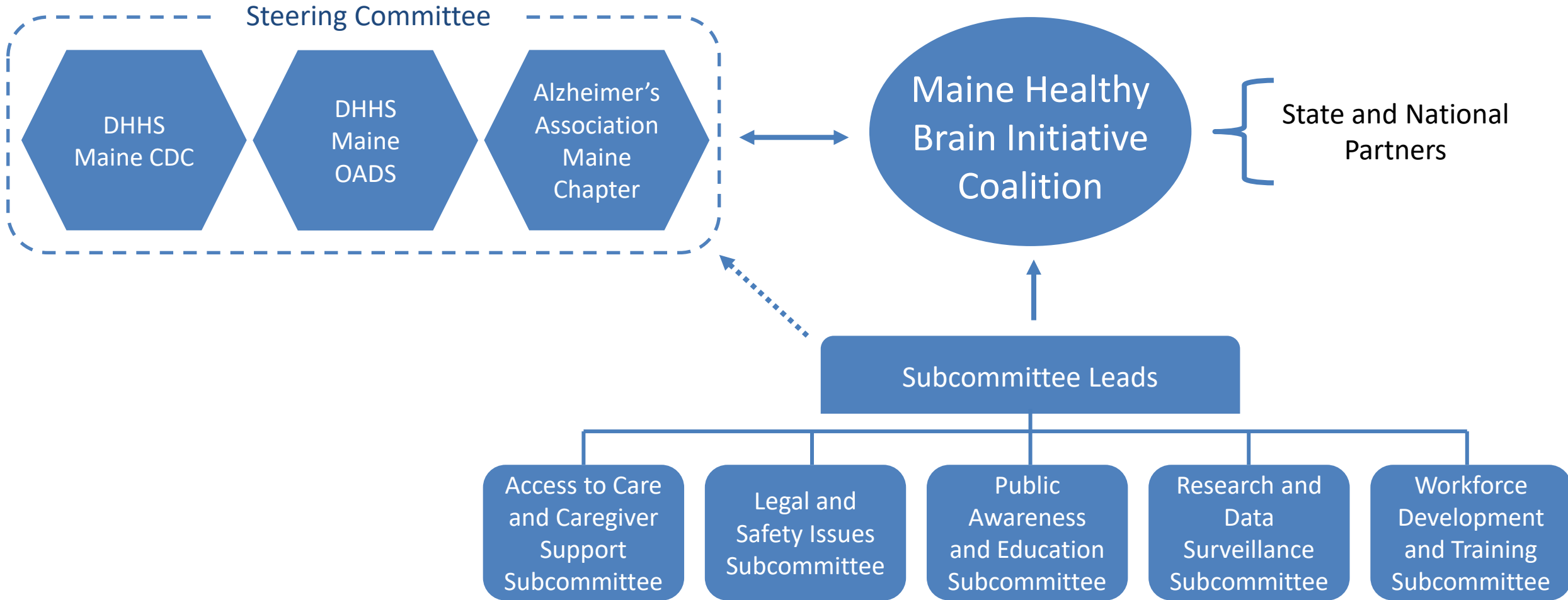


MAINE HEALTHY BRAIN INITIATIVE (HBI) COALITION

72 partners across the state working together to implement the State Plan.

“Creating infrastructure that empowers, educates, and supports people living in Maine by reducing ADRD risk factors, promoting early detection, and connecting people to resources they need to optimize their wellbeing.”

Maine Healthy Brain Initiative Coalition



Our Partners

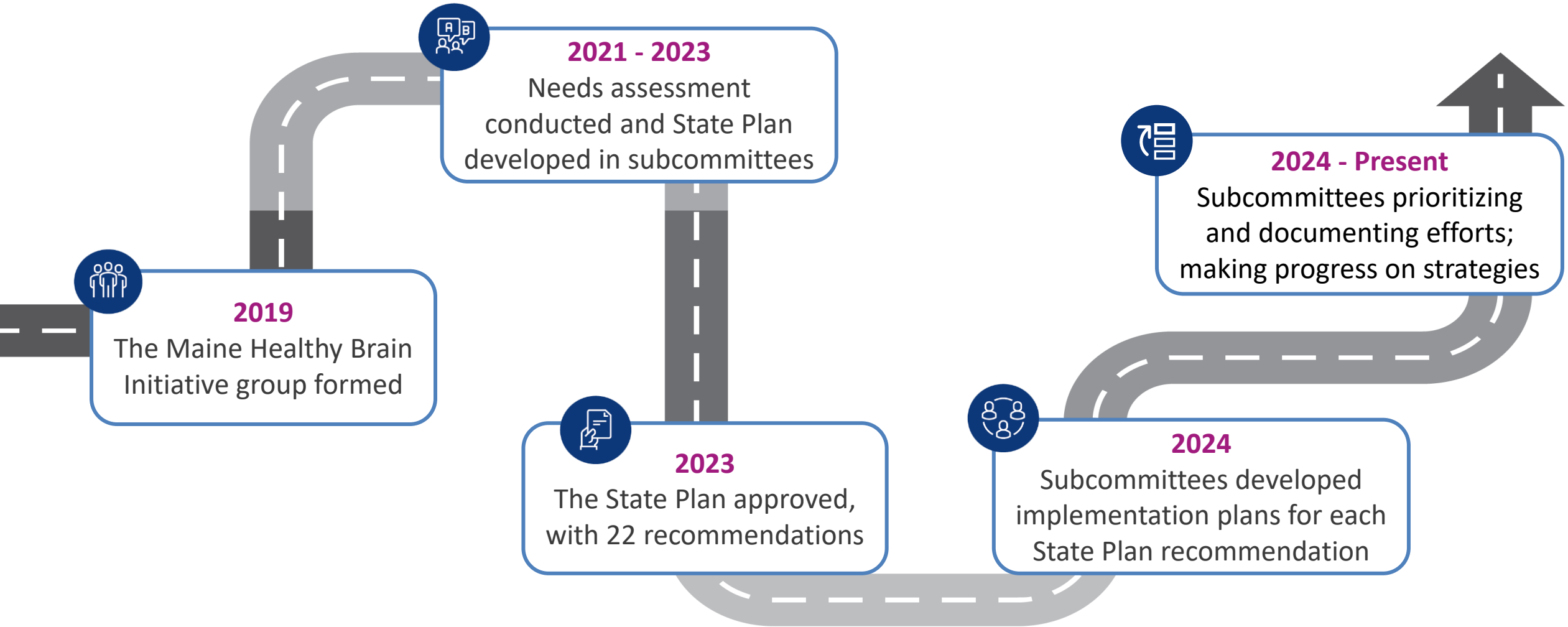
18 Sectors Represented:

Academic Institution
Advocacy Group
Area Agency on Aging
Business/Corporation
Community-Based Organization
Ethical/Legal Expert
Faith-Based Organization
Funding Organization
Health Care Provider
Insurance Provider
Media/Awareness
Member Organization/Association
Local Government Agency
Person with Caregiving Experience
Research Institution
State Government Agency
Support Service Provider
Tribal Agency

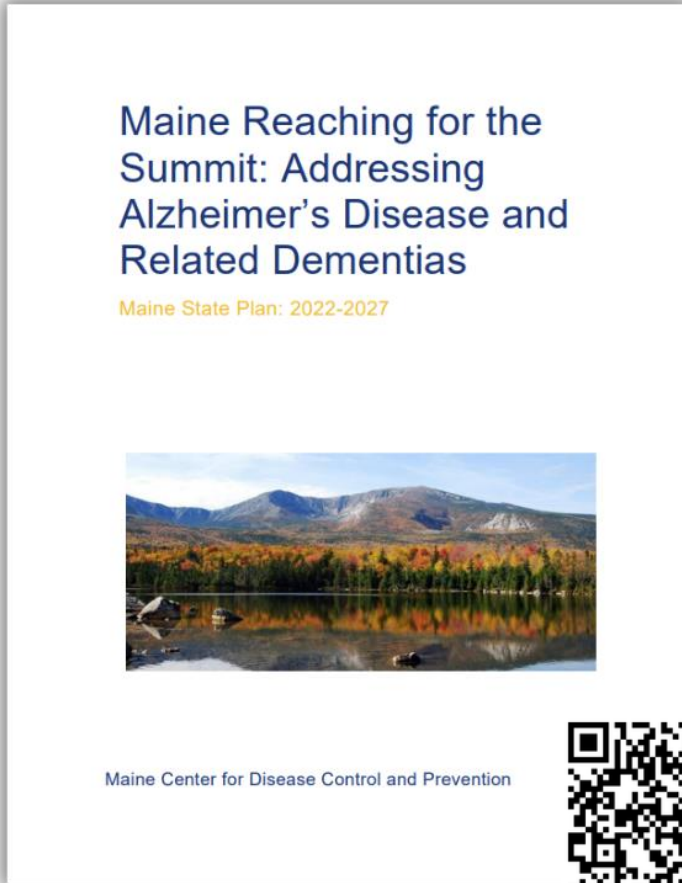
Examples:

- Alzheimer's Association, Maine Chapter
- Andwell Health Partners
- Apriqot
- Area Agencies on Aging
- Maine Cabinet on Aging
- Maine Department of Health and Human Services
- Maine Hospice Council
- Maine Office of Aging and Disability Services
- HealthReach Community Health Centers
- Healthy Living for ME
- Jackson Laboratory
- Legal Services for Maine Elders
- Maine Council on Aging
- MaineHealth
- Maine Health Care Association
- Maine Long-Term Care Ombudsman Program
- Maine Primary Care Association
- Northern Light Acadia Hospital
- Roux Institute Northeastern University
- University of New England, AgingME2, GWEP
- University of Maine, Center on Aging

Evolution & Historical Milestones



Maine State Plan on ADRD (2022 - 2027)



Progress to Date: A Few Examples



Public Awareness & Education

- Brain health messaging shared through school newsletters
- Public dementia and brain health resources available
- State lawmakers engaged through education events
- Community convening planned in Washington County



Access to Care & Caregiver Support

- 100+ Mainers enrolled in CMS GUIDE Model
- Dementia care pathways designed and embedded in health systems (NorthernLight, HealthReach)
- Maine OADS Respite for ME Program redesign underway



Legal & Safety Issues

- Dementia education provided for first responders
- Long-Term Care Ombudsman staff trained on dementia basics
- Dementia training provided to Credit Union League members
- Elder Service Officer Certification in development



Research & Data Surveillance

- Collaboration across institutions (JAX, Northern Light Health, UMaine, Roux Institute)
- Maine Society for Neuroscience has been revitalized
- Updated dementia prevalence modeling (Apriqot)
- Public-facing data dashboard in development



Workforce Development & Training

- Identified and inventoried ADRD 30+ training opportunities
- First geriatric neuropsychiatry fellowship cohort at Northern Light Health graduated
- CNA Geriatrics Microcredential: piloting Dementia Care Badge (AgingME2)

MAPPING ACTIVITY

- 1. Take a few sticky notes.*
- 2. On each sticky note, write:*
 - Your name*
 - Your organization*
 - How does your work or organization connect to these efforts?*
- 3. Place your sticky notes on any domain(s) where you see a connection.*

This Work Is Building Toward



- **Earlier Recognition & Support:** Expanding early detection, public awareness, referral pathways, and connection to care and community resources.
- **Expanding Access Across Maine:** Strengthening dementia-capable services, caregiver supports, and local partnerships across communities.
- **Building a Dementia-Capable Workforce:** Increasing training and confidence across healthcare, public health, aging services, emergency response, and community organizations.
- **Strengthening Coordination & Community Connection:** Reducing fragmentation through partnerships, navigation support, shared systems, and better connections between services.

A Dementia-Friendly Ecosystem Can Make a Difference

WITHOUT A DEMENTIA-FRIENDLY ECOSYSTEM

Fragmented. Reactive. Overwhelming.



Missed early signs



Delayed diagnosis



Fragmented systems



Caregiver overwhelm and isolation



Crisis-driven care



Poor outcomes and higher costs



WITH A DEMENTIA-FRIENDLY ECOSYSTEM

Connected. Proactive. Supportive.



Public Awareness & Education
Communities recognize signs and know where to turn.



Access to Care
Timely diagnosis and coordinated care.



Caregiver Support
Resources and support when it's needed most.



Legal & Safety Issues
Planning that protects autonomy and safety.



Research & Data Surveillance
Shared insights improve care, planning, and policy.



Workforce Development & Training
Skilled, confident professionals across the care continuum.



How You Can Get Involved



PARTNER

Join the Maine Healthy Brain Initiative Coalition.



PARTICIPATE IN A SUBCOMMITTEE

Collaborate on priority areas that align with your expertise or interests.



SHARE & SPREAD

Use and share messaging and resources within your networks.



ATTEND TRAININGS

Build skills and capacity in your organization.



ADOPT DEMENTIA-FRIENDLY PRACTICES

Create supportive environments where you are.



CONCLUDING ACTIVITY

Think of one thing you or your organization can do to contribute to the public health response to Alzheimer's over the next three months.

On the postcard, tell us what action you propose to take and fill out your name and address. Please note if any assistance would be helpful.

We will follow up with you on your progress in a couple of months!

Thank You

Marissa Romano, MPH

Program Manager, Alzheimer's Disease
and Related Dementias Prevention and
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