



# 5 Older Adults

**Goal 5.1.** Support and empower formal and informal caregivers of older adults.



<p>Increase access to, awareness and use of evidence-informed interventions, services, support groups and peer-driven support for caregivers to enhance their health and well-being.</p>					
<p>Educate providers and health professionals on the importance of identifying informal caregivers and methods for addressing caregiver burden (physical, mental and financial strain) including referral to supports such as respite services.</p>					
<p>Recruit and retain direct support professionals and community health workers.</p>					



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**Goal 5.2.** Promote brain health across the lifespan while supporting individuals living with dementia.



<p>Increase awareness on how to identify and prevent abuse, neglect, and exploitation (e.g., financial fraud) of older adults, specifically those experiencing cognitive decline.</p>					
<p>Build on existing brain health initiatives (e.g., Alzheimer's and Related Dementias Advisory Council, Tennessee Dementia Action Collaborative), to address social determinants of health, improve health equity related to brain health, and increase access to early detection and diagnosis.</p>					
<p>Expand designated age-friendly health systems, age-friendly public health systems, and age-friendly livable communities across the state.</p>					



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