



**KENTUCKY ALTERNATIVE CARE**  
*wellness without compromise*

## CANNABIS & AGING: SUPPORT FOR YOU (OR SOMEONE YOU LOVE)

*Brought to you by Kentucky Alternative Care*

### **CURIOUS ABOUT CANNABIS? YOU'RE NOT ALONE.**

More and more folks in their 50s, 60s, 70s and beyond are exploring cannabis to help with things like pain, sleep, and daily comfort. Whether you're brand new to it or just looking for answers, we're here to guide you in a way that's clear, thoughtful, and always respectful.

This guide is designed to help you understand how cannabis can support your well-being—no pressure, no confusion, and no judgment.

### **WHY MORE PEOPLE 50+ ARE GIVING CANNABIS A TRY**

Cannabis isn't just for younger people. Many older adults are finding that cannabis can:

- Ease arthritis, nerve, or joint pain
- Help you fall asleep and stay asleep
- Reduce stress and anxiety
- Gently boost appetite
- Improve clarity and reduce that "mental fog" feeling
- In some cases, reduce the need for other medications (talk to your doctor first!)

Kentucky's medical cannabis program gives you safe, legal access to products designed to support your daily comfort.

### **FINDING THE RIGHT FIT FOR YOUR LIFESTYLE**

You don't have to smoke cannabis (and in Kentucky, it's not allowed anyway). There are many clean, easy-to-use options available:

- **Topicals:** Creams, lotions, or balms you apply directly to sore spots. No intoxicating effects.
- **Tinctures:** Liquid drops placed under the tongue. Easy to dose, easy to adjust.
- **Capsules:** Simple, familiar, and discreet—just like taking a vitamin.
- **Edibles:** Tasty gummies or chews. Long-lasting relief, just start with a small dose.
- **Vapes (*inhaled but not smoked*):** Offers quicker effects, but not always recommended depending on your health.

We'll walk you through all the options, so you can make a decision that feels right for you.

## COMMON QUESTIONS & CONCERNS

### “What if I don’t want to feel high?”

That’s totally okay—and actually very common. Many patients use low-dose THC or products with more CBD than THC to avoid feeling intoxicated.

### “How do I know how much to take?”

Start low, go slow. Most people begin with 2.5mg of THC or less and increase gradually. Our team will help you build a dosing plan based on your needs.

### “Can I still take my regular medications?”

Cannabis may interact with some medications. Always speak with your healthcare provider about your full medication list before using any new product.

### “Will anyone know I use cannabis?”

Your patient information is protected, and your privacy is important to us. You don’t need to share your cannabis use with anyone unless you choose to.

### “Can I drive after taking cannabis?”

You should never drive while feeling impaired. If you’re unsure how a product will affect you, try it at home first and give yourself time to observe the effects.

## RESOURCES TO SUPPORT YOU

- KAC Patient Care Team: (502) 888-8-KAC — Call us with any questions, big or small.
- Kentucky Poison Control: 1-800-222-1222 — Available 24/7 for accidental ingestion or adverse reactions.
- National Suicide & Crisis Lifeline: 988 — For mental health support at any time.

## YOU’RE ALWAYS WELCOME HERE

At KAC, we believe feeling good should never come with pressure or judgment. Whether you’re managing long-term discomfort or just want to feel more like yourself again, our team is here to help.

### Community Education Events:

Ask about upcoming workshops designed just for older adults. We’ll take the time to listen, explain everything clearly, and make sure you leave feeling confident in your choices.

## YOU DESERVE TO FEEL GOOD

No matter your age, you deserve options that support your quality of life. You’ve spent years caring for others—let us help care for you.

*Come visit us at Kentucky Alternative Care and explore safe, gentle cannabis options that are made with your comfort in mind.*

### Need help reading labels or dosing?

*Bring your products in and we’ll walk you through them.*



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