



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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COOKING WITH CANNABIS: A BEGINNER'S GUIDE

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YES CHEF (BUT MAKE IT INFUSED)

You don't have to be a culinary wizard to make your own cannabis-infused treats. Whether you're managing chronic pain or just want to skip the smoke, cooking with cannabis can be fun, effective, and delicious.

This guide will give you the basics, so you don't end up wasting good flower or knocking yourself out with a mystery-dose brownie.

And hey—flower may not be legally smoked in Kentucky, but that doesn't mean you can't make something delicious and therapeutic with it in your kitchen.

FIRST THINGS FIRST: DECARB YOUR WEED

Let's break this down. THC (the main psychoactive compound in cannabis) isn't actually active in raw flower. In its natural state, cannabis contains THCA, a non-intoxicating compound. You have to heat it to convert THCA into THC—this process is called **decarboxylation**, or “decarbining.”

In short: No heat, no high.

Here's how to decarb:

1. Preheat oven to 240°F.
2. Break up your flower into small pieces (not too fine).
3. Spread evenly on a baking sheet lined with parchment paper.
4. Bake for 30–40 minutes, gently shaking the tray halfway through.
5. Let it cool. Now your cannabis is active and ready for infusion.

Pro tip: Your house will definitely smell like weed. Light a candle and maybe warn your roommates.

HOW TO MAKE CANNABUTTER (OR OIL)

This is your base. You can use butter, coconut oil, or olive oil depending on the recipe.

Ingredients:

- 1 cup butter or oil
- 1 cup water
- 1/3 to 1/2 ounce of **decarbed** cannabis

Instructions:

1. Combine all ingredients in a saucepan or slow cooker.
2. Simmer on low heat (160–180°F) for 2–3 hours.
Stir occasionally.
3. Strain through cheesecloth into a container. Don't squeeze it—that can add bitterness.
4. Chill and store in the fridge.
Now you've got an infusion that's ready to elevate anything from toast to pasta to brownies.

DOSING: DON'T SCARE YOURSELF

Edibles hit differently, and they hit **harder and later**. Here's how to avoid a “whoa I can't feel my face” kind of night.

Start low and go slow:

- For beginners, aim for **2.5–5mg of THC per serving**.
- Wait **2 full hours** before deciding to take more.
- Always label homemade edibles (for you and your unsuspecting roommates).

Quick math tip: If your flower has 20% THC, one gram = 200mg THC. If you use 3.5g in your butter, that's 700mg total. Divide by your number of servings to estimate potency.

EASY STARTER RECIPES

- Infused popcorn with cannabutter drizzle
- Cannabis pesto over pasta
- Cannaoil roasted veggies
- Lazy brownies from a box mix

Pro tip: Add your infusion after cooking when possible to preserve potency.

WHAT NOT TO DO

- Don't eat a second brownie just because the first didn't hit yet.
- Don't serve infused food without letting people know.
- Don't cook with raw weed (again—decarb or it does nothing).
- Don't forget to store edibles clearly labeled and out of reach of kids or pets.

STAY SAFE & HAVE FUN

Cannabis in the kitchen can be a game changer—just treat it like any powerful ingredient: with respect, curiosity, and a little caution.

Have questions about dosage, strain choice, or infusions? Come talk to your KAC budtender. We've got you.



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KNOW YOUR RIGHTS: A GUIDE TO TRAFFIC STOPS & CANNABIS IN KENTUCKY

Brought to you by Kentucky Alternative Care

WHY THIS MATTERS

If you're a cannabis patient or consumer in Kentucky, it's important to understand your rights and responsibilities during a traffic stop. The laws can be confusing, but this guide is here to help keep you safe, informed, and prepared.

Keep this guide in your car or wallet. It could make all the difference.

STEP 1: WHEN YOU GET PULLED OVER

Stay Calm & Composed:

- Slow down, turn on your hazard lights, and pull over safely.
- Keep your hands visible on the steering wheel.
- Don't make sudden movements. Wait for instructions.

You Must Provide:

- Driver's license
- Vehicle registration
- Proof of insurance

You Do NOT Have to Provide:

- Information about where you're going, where you've been, or what's in your car.
- Verbal consent for a search (more on that below).

Say Politely:

- *"Officer, I prefer not to answer questions."*
- *"I do not consent to any searches."*

STEP 2: VEHICLE SEARCHES & YOUR RIGHTS

Can they search your car?

- If you **CONSENT**: Yes.
- If they **SMELL CANNABIS**: Yes. The odor of cannabis is considered probable cause in Kentucky.
- If you say **NO**: They may still search, but you have protected your legal rights by refusing.

Always Say: *"I do not consent to a search."*

Important: *Even if a search happens, your refusal can help your defense later in court.*

STEP 3: IF YOU HAVE CANNABIS WITH YOU

Legal for Medical Patients ONLY.

If you are a registered medical cannabis patient in Kentucky:

You Can Carry:

- Up to 112 grams of raw cannabis (flower)
- 28 grams of concentrate
- 3,900 mg THC in edibles

You Must Have:

- A valid Kentucky medical cannabis card
- Cannabis in original packaging with proof of purchase
- Cannabis stored in a closed container, ideally in the trunk or locked glove box

Not Legal?

If you don't have a medical card, cannabis possession is still illegal under state law.

- In places like Louisville, minor possession may be deprioritized, but it's still a risk.
- Police can confiscate, cite, or arrest you depending on location and amount.

NEVER DRIVE HIGH.

Even with a card, driving under the influence is illegal and dangerous. Officers may request a sobriety test.

STEP 4: WHAT NOT TO DO

- Don't argue, escalate, or lie.
- Don't try to hide, throw, or eat cannabis.
- Don't admit to anything without a lawyer.

STEP 5: AFTER THE STOP

Write Down:

- Time, date, and location of stop
- Officer's name and badge number
- What was said and done (as best as you remember)

If You Feel Your Rights Were Violated:

- File a complaint with the KY Office of Medical Cannabis: **833-727-2828**
- Contact legal support:
 - William M. Butler, Attorney (Louisville): **(502) 237-0871**
 - ACLU of Kentucky: **(502) 581-9746**

QUICK REFERENCE SUMMARY

SITUATION

Officer asks questions

Officer asks to search

You have a medical card

No card & caught with weed

WHAT TO DO?

"I prefer not to answer."

"I do not consent to a search."

Present it, along with legal packaging & storage

Remain silent, don't admit ownership, call a lawyer

KEEP THIS IN YOUR GLOVE BOX

This material is for informational purposes only and does not constitute legal advice. Always consult a licensed attorney regarding your individual situation.

Stay safe. Stay smart. Stay calm.

For more cannabis education, visit: kymedcan.ky.gov



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MICRO-DOSING CANNABIS: LESS IS MORE

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WAIT...WHY WOULD I WANT TO TAKE LESS?

Because sometimes, less really is more. Micro-dosing means taking the smallest effective dose of cannabis to feel better—without feeling “high.” This method is all about finding relief from things like pain, anxiety, or poor sleep, while staying clear-headed and in control. If you’ve ever thought, “I want to try cannabis, but I don’t want to feel out of it,” micro-dosing is made for you. It’s gentle, easy to manage, and a great way to ease into your cannabis journey.

WHO IS MICRO-DOSING FOR?

Micro-dosing isn’t just for beginners—it’s for anyone who wants to be intentional with their wellness. It can be especially helpful for:

- First-time or returning patients who want to ease in without overdoing it
- People managing chronic stress, pain, or inflammation
- Busy folks who want relief without feeling sleepy or disconnected
- Anyone who’s had a bad edible experience and wants a reset

Micro-dosing helps you stay present while still feeling supported. Think of it as fine-tuning your day—not flipping it upside down.

HOW TO START MICRO-DOSING

You don’t need to be exact on day one, but you do need to be mindful. Here’s a beginner-friendly plan:

1. Pick a format: Edibles (like gummies), tinctures, capsules, or even low-dose vapes are easy to dose consistently.
2. Start with 1 to 2.5 mg of THC. Most products start at 5 or 10 mg—just cut them into halves or quarters.
3. Try it in a safe space—like your home—on a low-stress day.
4. Notice how you feel after one hour, then again at two hours.
5. Stick with the same dose for a couple of days before slowly increasing if needed.

Micro-dosing is about patience and observation. Your body will tell you what it likes, you just have to listen.

DOES MICRO-DOSING ACTUALLY WORK?

For so many people—yes, it does. Especially when combined with CBD. Micro-dosing won't make you feel “stoned,” but it can make you feel:

- More grounded and calm
- Less tense or inflamed
- More focused during the day
- Better able to sleep through the night

It's a low-impact, high-reward approach. Perfect for people who want cannabis to support their lives—not interrupt them.

QUICK TIPS FOR SUCCESS

- Be patient. Give each dose time to do its job—wait at least 2 hours before taking more.
- Stay consistent. Micro-dosing works best when used daily or on a steady routine.
- Track your experience. This helps you notice patterns and progress.
- Ask questions. You're not in this alone—KAC staff are here to guide you every step of the way.

YOUR MICRO-DOSING JOURNAL

Think of this as your cannabis check-in. Bring it back to your next visit so we can help fine-tune your plan.

Day: _____

Product Name & Dose: _____

Time Taken: _____

How did you feel after 1 hour? _____

How did you feel after 2 hours? _____

Any side effects? _____

Would you try this dose again? Yes No

Repeat for a few days—your notes will help you (and us) understand what's working best.

YOUR WELLNESS, YOUR WAY

You're not here to “get high”—you're here to feel better. Micro-dosing is a powerful way to tap into the benefits of cannabis at your own pace, on your own terms. It's not about doing the most. It's about doing what works—for you.

Stop by KAC and let us help you build a plan that matches your goals, your body, and your life.



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TRAVELING WITH CANNABIS: WHAT KENTUCKY PATIENTS NEED TO KNOW

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STAY SAFE WHEN YOU TRAVEL

Being a medical cannabis patient in Kentucky comes with certain protections—but those protections don't always travel with you. Whether you're headed across town or out of state, knowing how to carry, store, and talk about your medicine can help you avoid legal headaches. This guide is here to make sure you're safe, informed, and confident whenever you're on the move.

TRAVELING WITHIN KENTUCKY

If you're driving to visit family, heading to a doctor's appointment, or just running errands, here's what you need to know:

- **Keep your Kentucky medical cannabis card on you at all times.**
- **Transport your medicine in original, labeled packaging from a licensed dispensary.**
- **Store cannabis in the trunk or locked glove box—never on the seat, dashboard, or cup holder.**
- **Avoid carrying more than the legal limits:**
 - 112 grams of flower
 - 28 grams of concentrate
 - 3,900 mg of THC in edibles
- **Do not consume while driving or ride with open containers. Even as a patient, being under the influence behind the wheel is illegal.**
- **Be mindful of local attitudes. Cannabis stigma still exists in some counties. If pulled over, stay calm and polite. Show your card, and don't volunteer extra info.**

***Real Talk:** Some areas of Kentucky are more cannabis-friendly than others. Just because you're legal doesn't mean every officer will treat you like a patient. Be prepared, not paranoid.*

LEAVING THE STATE? THINK TWICE.

Short version: **don't take it with you.**

- Crossing state lines with cannabis—even if it's sealed and you're headed to another legal state—is still a **federal crime**.
- Kentucky's medical program is not currently recognized by other states.
- You could face possession charges in the new state even if you're a legal patient in Kentucky.

Best move? Leave your medicine at home. If you need access in another state, research their laws ahead of time and look into reciprocity or local options.

WHAT ABOUT FLYING?

Flying with cannabis is risky—even for medical patients.

- **TSA follows federal law**, and cannabis is still federally illegal.
- If cannabis is found during screening, **TSA will refer you to local law enforcement**. That might be okay in Kentucky, but the rules change as soon as you land.
- **Airports and planes are considered federal territory**, where your medical card doesn't protect you.

Pro Tip: If you're traveling for medical reasons, talk to your healthcare provider ahead of time. There may be non-THC alternatives you can take safely across state lines.

WHAT NOT TO DO

- Don't pack your medicine "just in case" when traveling out of state.
- Don't fly with edibles in your carry-on or stash a vape in your shoe.
- Don't assume intent matters—law enforcement won't care that you're a patient.
- Don't use cannabis on federal property like national parks, courthouses, or post offices.

NEED SUPPORT OR LEGAL HELP?

- **Kentucky Office of Medical Cannabis:** 833-727-2828
kymedcan.ky.gov
- **TSA Policy on Cannabis:**
tsa.gov/travel/security-screening/whatcanibring
- **Legal Support (Louisville):**
William M. Butler, Attorney — (502) 237-0871
ACLU of Kentucky — (502) 581-9746

STAY SMART, STAY PROTECTED

Traveling as a cannabis patient doesn't have to be stressful. Keep your documents in order, your meds properly stored, and your plans clear. When in doubt, leave it at home and protect your card.

Kentucky Alternative Care is here to make your wellness journey safe, informed, and judgment-free.



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