



# The Impact of Alzheimer's & Dementia in Our Community

[www.alz.org/hello](http://www.alz.org/hello)



# Mission:

The Alzheimer's Association leads the way to **end Alzheimer's and all other dementia** — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.



# DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia

-  Alzheimer's
-  Vascular
-  Lewy body
-  Frontotemporal
-  Other, including Huntington's
-  Mixed dementia:  
dementia from more than one cause

# What is Alzheimer's?




Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.



Alzheimer's is a progressive disease, where symptoms gradually worsen over a number of years.



In the early stages, memory loss is mild. But as the disease progresses, individuals will need around-the-clock care. The disease is ultimately fatal.



## Populations at Higher Risk

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Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are one and a half times as likely to have the disease as White Americans.

Almost two-thirds of Americans living with Alzheimer's are women.

# Impact of Alzheimer's on Families



Caring for someone living with Alzheimer's can take a **physical, emotional, social and financial toll** on families.



Approximately two-thirds of caregivers are women; more specifically, **over one-third of dementia caregivers are daughters.**



Of the total lifetime cost of caring for someone with dementia, **70% is borne by families** — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.



Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. **This care is valued at over \$271 billion.**



Compared with caregivers of people without dementia, **twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.**

# 10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgement

9

Withdrawal from work or social activities

10

Changes in mood or personality



# Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.



There are a number of benefits to early detection, including the opportunity to:

- Plan for the future
- Explore treatment options
- Participate in clinical studies
- Involve the person with dementia in important discussions about decision-making and future care



# What Science Says about Brain Health



- There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are things we **can** control to improve our brain health.
- Increasing key healthy habits may lower the risk of cognitive decline and possibly dementia.
- Overall, what is good for the heart is good for the brain.
- It's never too late or too early to start making healthier choices for brain health.

# Take Charge of Brain Health



**Stay in School**  
**Challenge Your Mind**



**Get Moving**  
**Eat Right**  
**Maintain a Healthy Weight**



**Control Blood Pressure**  
**Manage Diabetes**



**Protect Your Head**



**Sleep Well**



**Be Smoke-free**



# Making a Difference in Our Community

ALZHEIMER'S  ASSOCIATION®



# How We Help



## 24/7 Helpline

The Alzheimer's Association 24/7 Helpline (**800.272.3900**) is available around the clock, 365 days a year, free of charge, offering confidential support and information to people living with dementia, caregivers, families and the public.

## Free Education & Support

Find dementia and aging-related resources such as support groups that connect individuals facing dementia at [alz.org](https://www.alz.org).



# How You Can Help



## As an Individual

- Share your personal story as an advocate.
- Help your neighbors by providing education or a support group.
- Get involved in clinical trials or a research study.
- Sign up for one of our fundraising programs.



## As an Organization / Group / Business

- Start a team for Walk to End Alzheimer's or another of our fundraising programs.
- Host an educational program or community listening session.
- Share resources with your business associates, neighbors and friends.



## For You and Your Community

- Share our 24/7 Helpline at 800.272.3900
- Get more information and resources at [alz.org](https://www.alz.org)
- Find education, support, and caregiving resources at [alz.org/communityresourcefinder](https://www.alz.org/communityresourcefinder)

A light gray world map is centered in the background of the slide, showing the outlines of continents and oceans.

**Vision: A world without  
Alzheimer's and  
all other dementia<sup>®</sup>.**