

Alzheimer's Association

Support & Resources for our Communities

www.alz.org/hello



ALZHEIMER'S  ASSOCIATION®

More than
6 million Americans
are living with Alzheimer's

Over 11 million
Americans

provide unpaid care for
people with Alzheimer's
or other dementias

These caregivers
provided more
than 18 billion
hours valued
at nearly

\$340
billion

1 in 3

seniors dies with
Alzheimer's or another
dementia

It kills more than
breast cancer
+
prostate cancer
combined

The lifetime
risk for
Alzheimer's
at age
45 is

1 in 5

for women

1 in 10

for men

Alzheimer's Disease Facts & Figures

Between 2000 and
2019, deaths from
heart disease has

↓
decreased
7.3%

while deaths
from Alzheimer's
disease have

↑
increased
145%

In 2023, Alzheimer's
and other dementias will
cost the nation

\$345 billion

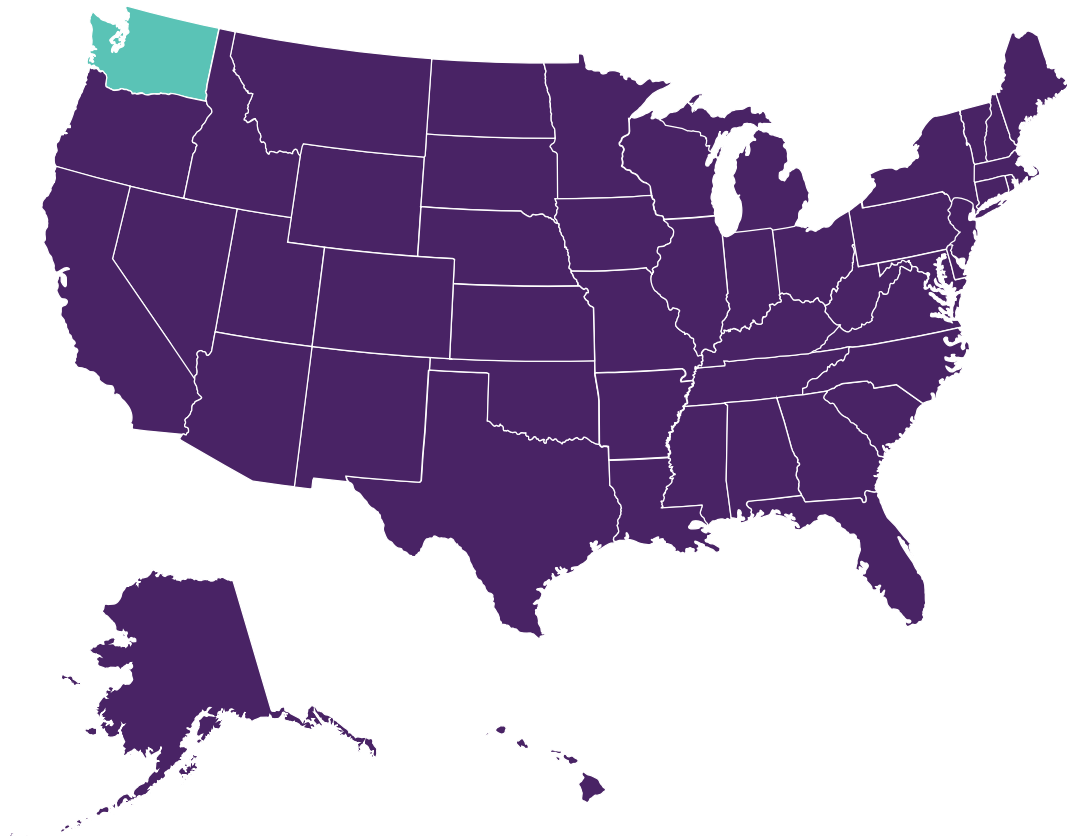
By 2050,
these costs
could rise
to nearly
\$1 trillion



While only 4 in 10 Americans
talk to their doctor right away
when experiencing early
memory or cognitive loss,



7 in 10 would want to know
early if they have Alzheimer's
disease if it could allow for
earlier treatment.



In

Washington

alone, there are

120,000

people aged 65 and older living
with Alzheimer's

And over

300,000

family caregivers providing support
for people living with this disease

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.

A close-up, profile view of an elderly Black woman with short, curly white hair. She is looking upwards and to the right with a gentle expression. She is wearing a light blue or grey knitted scarf.

Populations at Higher Risk

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

Treatments for Alzheimer's

- Current medications cannot cure Alzheimer's.
- But there are treatments that change disease progression.
- There are also drug and non-drug options that may help treat symptoms, such as memory loss and confusion.
- Treatments may be administered as a pill, patch or intravenously.
- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- Talk to your doctor to learn more about treatment options.
- You can learn more about the different treatments that are currently approved by the FDA at [alz.org/treatments](https://www.alz.org/treatments).



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®



24/7 Helpline

alzheimer's  association®

24/7 HELPLINE:

800.272.3900



- Free, confidential support 24/7, 365 days a year
- Care consultations by phone with masters-level clinicians:
 - Safety issues
 - Legal, financial and care planning decisions
 - Strategies for managing behavioral symptoms
 - Action planning
- Bilingual staff (English & Spanish) and interpretation service that accommodates more than 200 languages
- Live Chat and Form submission available
- TTY Service 866.403.3073



Community Education Programs

We offer a variety of education programs to organizations, companies, and the public. Commonly delivered programs include:

- 10 Warning Signs of Alzheimer's
- Understanding Alzheimer's and Dementia
- Effective Communication Strategies
- Healthy Living for Your Brain and Body
- Legal and Financial Planning
- The Latest Research

Support Groups

- Provide emotional, educational and social support through regularly scheduled meetings
- Groups for caregivers, people living with dementia in the early-stage, specialty groups
- To find out more about support groups near you visit www.alz.org/alzwa/helping_you/support_groups



Online Tools

- ALZConnected® – online support community
www.alzconnected.org
- Alzheimer's Navigator® – online action planning
www.alzheimersnavigator.org
- Community Resource Finder – find resources in your area
www.communityresourcefinder.org
- Free on-demand education
training.alz.org/

What do you want to know?

Choose one of these topics to develop a personalized action plan.



Working with Your Doctor



Symptoms



Safety



Legal Planning



Knowledge



Financial Planning



Driving



Caregiver Support



Care Options



Daily Living

Get easy access to resources, community programs and services.

ALZHEIMER'S
ASSOCIATION
PROGRAMS AND EVENTS

AARP
Family Caregiving®
PROGRAMS AND EVENTS

CARE AT HOME

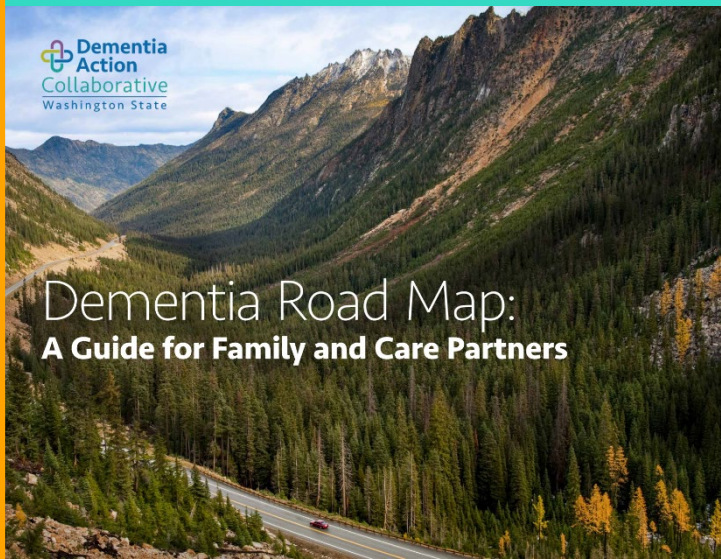
COMMUNITY SERVICES

HOUSING OPTIONS

MEDICAL SERVICES

Online Tools Cont.

- Information, resources, and publications
www.alz.org
www.alz.org/help-support/resources/publications
- TrialMatch
www.alz.org/alzheimers-dementia/research_progress/clinical-trials/trialmatch
- Dementia Road Map (Dementia Action Collaborative) – English & Spanish
www.dshs.wa.gov/altsa/dementia-action-collaborative



Dementia Care Consultation in King & Snohomish counties

- **Family Caregiver Support Program (FCSP)** for eligible unpaid family caregivers. Eligibility:
 - Caregiver lives in King or Snohomish county
 - Care receiver lives in independent setting
 - Care receiver not on Medicaid for Long-term Care
- **El Portal del Noroeste** – for eligible Hispanic/Latino caregivers (funded through FCSP)
 - Culturally responsive support from bilingual and bicultural care consultants
- **Memory Navigator Appts** at The Memory Hub (in-person in Seattle)



Making Referrals to the Family Caregiver Support & EI Portal Program

- Assess caregiver eligibility
- Obtain consent (“is it okay that the Alzheimer’s Association leave a VM?”)
- Complete referral form (available for download here: https://www.alz.org/alzwa/helping_you/care_consultation)
- Advise caregiver of outreach timeline (5-7 business days)
- Fax to **206.363.5700** or email to **helpline@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)

Thank you!

Erica Farrell, MSW (she/her)

elfarrell@alz.org

206-529-3885