



**Alzheimer's and other dementias: A Growing
Public Health Challenge: Ways to Educate,
Empower and Engage Communities**

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Our Time Today...

- Identify prevalence of Alzheimer's & dementia and impact on American families including risk factors, caregiver impact and cost of care
- Provide supportive resources for caregivers and families
- Explain why Alzheimer's and other dementias is a growing public health challenge and outline our Public Policy efforts both locally and on a federal level.



OUR MISSION



The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research.

Our mission is to lead 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.

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES



MORE THAN
6
MILLION

Americans are living with Alzheimer's



1 IN 3

seniors dies with Alzheimer's or another dementia

Alzheimer's and dementia deaths have increased

16%

during the COVID-19 pandemic



In 2021, Alzheimer's and other dementias will cost the nation
\$355 BILLION



By 2050, these costs could rise to more than

\$1.1 TRILLION

OVER
11
MILLION

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



These caregivers provided an estimated 15.3 billion hours valued at nearly

\$257 BILLION

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:



of Black Americans



of Native Americans



of Asian Americans



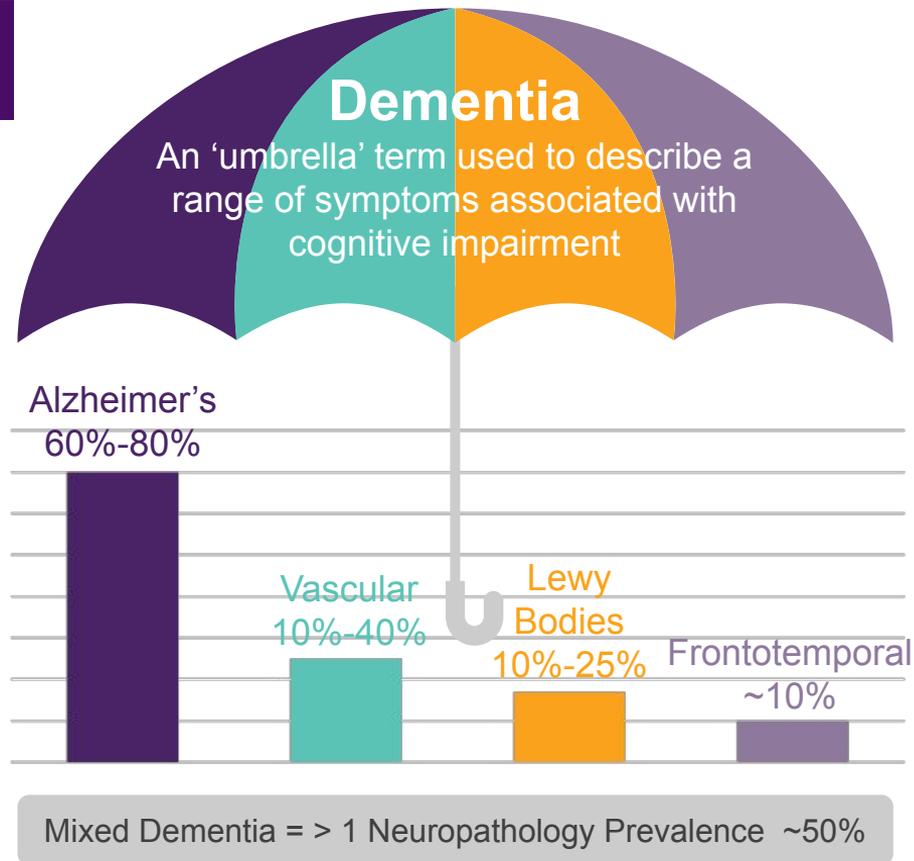
of Hispanic Americans



Understanding Alzheimer's and Dementia

DEMENTIA IS A SYNDROME

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Alzheimer's is most common cause
- Mixed dementia is very prevalent
- Some causes of cognitive decline are reversible and not truly dementia



WHAT MAY IMPACT RISK:

**Non-modifiable
risk factors**
(what can't be
changed)

- Age
- Genetics
- Race / Ethnicity

Overall Risk

- Environmental/Lifestyle Factors
- Cardiovascular Health
- Physical Activity
- Sleep
- Social / Cognitive Engagement
- Education
- Traumatic Brain Injury

**Modifiable risk
factors**
(what can be
changed)

Need to Study Dementia Risk from ALL Angles

**BLACK / AFRICAN
AMERICANS** are about

2x

and **HISPANIC /
LATINOS** are about

1.5x

more like than **WHITES**
to have Alzheimer's or
other dementias...



...YET they are less
likely to receive a
diagnosis

INTERVENTIONS TO POSSIBLY REDUCE RISK...

Research suggests combining multiple healthy factors may be the most impactful



Physical Activity



Cognitive & Social Stimulation



Healthy Diet

U.S. Study to Protect Brain Health through Lifestyle Intervention to Reduce Risk



Two year
multi-center
randomized clinical
trial



Self-Guided and
Structured Lifestyle
Groups

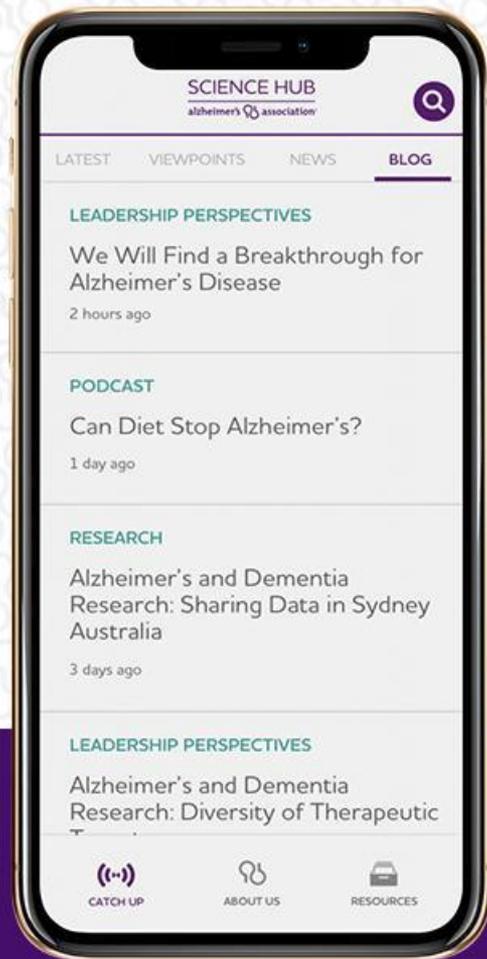


2,000 Participants at
five U.S. sites,
60-79 years old, with
suboptimal lifestyles

If the interventions prove effective, this study will lead the way in the development of an accessible and sustainable community-based program for prevention



Introducing the Alzheimer's Association Science Hub App



The impact on caregivers

- People age 65+ survive an average of **four to eight years** after a diagnosis, yet some live as long as **20 years**.
- Individuals with Alzheimer's will spend an average of **40 percent** of the time in dementia's most severe stage.
- The long duration of the disease **contributes significantly to the public health impact of Alzheimer's**.



Who Are the Alzheimer's Caregivers?



Of caregivers who provide more than 40 hours per week of care,

73%

are women.

Cost of Alzheimer's Care Will Rise



Total annual payments for health care, long-term care and hospice care are projected to increase from \$305 billion in 2020 to **more than \$1.1 trillion in 2050**

COVID-19 & Dementia

- Dementia does not increase risk for COVID-19.
- Dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.
 - Example: People living with dementia may forget to wash their hands or take other recommended precautions to prevent illness.
- COVID-19 may worsen cognitive impairment due to dementia.



Resources for Support

24/7 Helpline

- Available around the clock, 365 days a year
- Helpline specialists and master's level clinicians offer confidential support and information
- Bilingual staff and translation service in 200+ languages
- Live Chat available
- TTY Service 866.403.3073



24/7 Helpline

800.272.3900

alzheimer's  association®



Live Chat

Virtual Programs

- Free online e-learnings available at www.alz.org
 - 10 Warning Signs
 - Understanding Alzheimer's and Dementia
 - Dementia Conversations
 - Effective Communication Strategies
 - Legal and Financial Planning
 - Understanding and Responding to Dementia-Related Behaviors
 - And more!



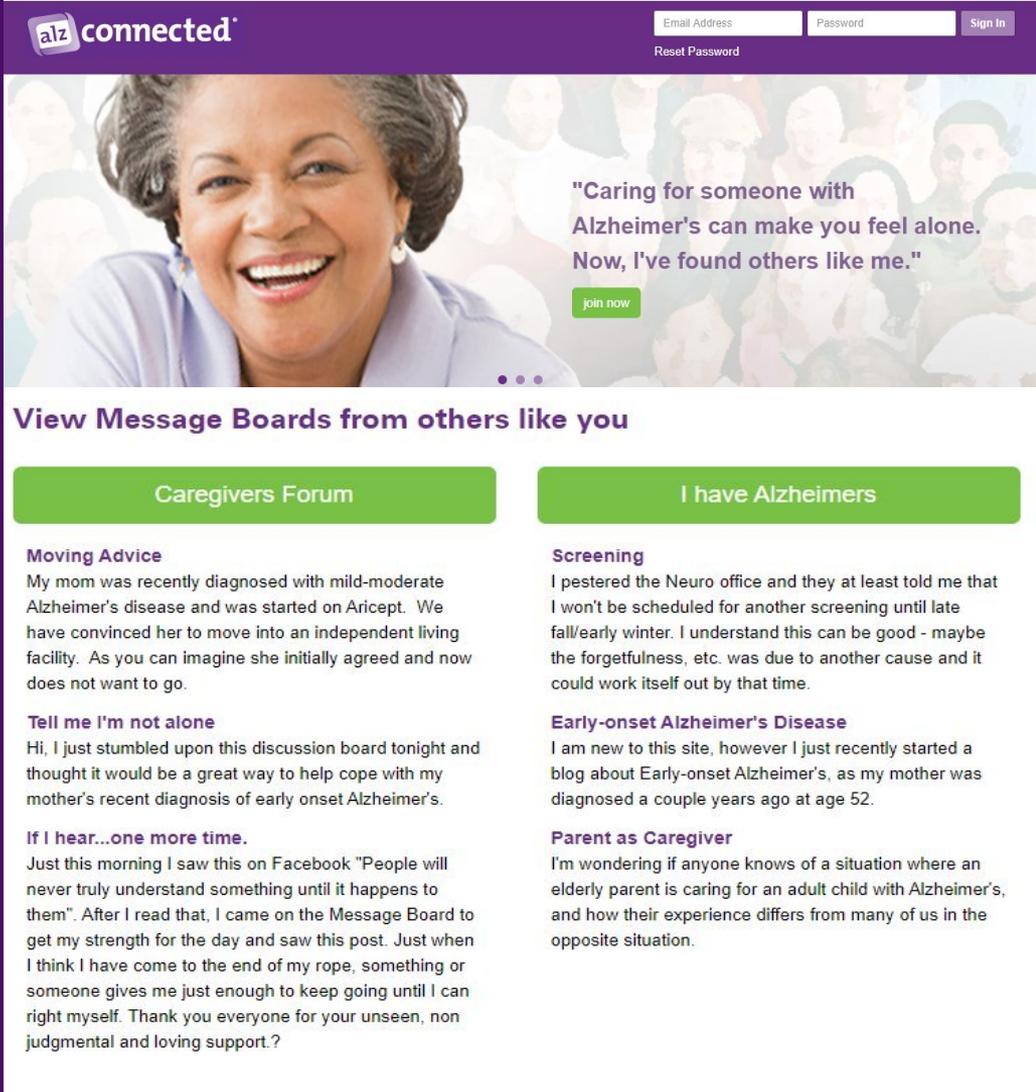
We have transitioned in-person support groups and education programs to virtual platforms during COVID-19 pandemic

ALZConnected®

www.alzconnected.org

ALZConnected® is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People living with the disease
- Caregivers
- Family members
- Friends
- Individuals who have lost someone to Alzheimer's or another dementia



The image shows a screenshot of the ALZConnected website. At the top, there is a purple navigation bar with the ALZConnected logo on the left and three input fields on the right: "Email Address", "Password", and "Sign In". Below the navigation bar is a large banner image featuring a smiling woman in the foreground and a blurred group of people in the background. To the right of the woman, there is a quote: "Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me." Below the quote is a green "join now" button. Underneath the banner, there is a section titled "View Message Boards from others like you" with two green buttons: "Caregivers Forum" and "I have Alzheimers". Below these buttons are two columns of text representing forum posts. The first column is under the "Caregivers Forum" button and contains two posts: "Moving Advice" and "Tell me I'm not alone". The second column is under the "I have Alzheimers" button and contains two posts: "Screening" and "Parent as Caregiver".

alz connected

Email Address Password Sign In

Reset Password

"Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me."

join now

View Message Boards from others like you

Caregivers Forum I have Alzheimers

Moving Advice
My mom was recently diagnosed with mild-moderate Alzheimer's disease and was started on Aricept. We have convinced her to move into an independent living facility. As you can imagine she initially agreed and now does not want to go.

Tell me I'm not alone
Hi, I just stumbled upon this discussion board tonight and thought it would be a great way to help cope with my mother's recent diagnosis of early onset Alzheimer's.

If I hear...one more time.
Just this morning I saw this on Facebook "People will never truly understand something until it happens to them". After I read that, I came on the Message Board to get my strength for the day and saw this post. Just when I think I have come to the end of my rope, something or someone gives me just enough to keep going until I can right myself. Thank you everyone for your unseen, non judgmental and loving support.?

Screening
I pestered the Neuro office and they at least told me that I won't be scheduled for another screening until late fall/early winter. I understand this can be good - maybe the forgetfulness, etc. was due to another cause and it could work itself out by that time.

Early-onset Alzheimer's Disease
I am new to this site, however I just recently started a blog about Early-onset Alzheimer's, as my mother was diagnosed a couple years ago at age 52.

Parent as Caregiver
I'm wondering if anyone knows of a situation where an elderly parent is caring for an adult child with Alzheimer's, and how their experience differs from many of us in the opposite situation.

Alzheimer's Navigator[®]

www.alzheimersnavigator.org

Alzheimer's Navigator is a free online tool that helps guide caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

ALZHEIMER'S navigator[®]

alzheimer's  association[®]

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

Community Resource Finder

www.communityresourcefinder.org

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.



100% of people with Alzheimer's will one day be unable to drive

Losing the ability to drive can feel like a threat to a person's independence. Especially to an individual with Alzheimer's who is robbed of so much cognitively and emotionally as the disease progresses. Planning ahead can help ease the transition. Find help at the **Alzheimer's Association Dementia and Driving Resource Center**, an interactive website created with support from the National Highway Traffic Safety Administration.

The new Dementia and Driving Resource Center features:

- Video scenarios showing four different families discussing driving and dementia.
- Tips and strategies for planning ahead and handling resistance.
- Common signs of unsafe driving.
- Resources for alternative methods of transportation.
- Additional information on driving and safety.

The screenshot shows the Alzheimer's Association website. At the top, the logo for 'alz.org | alzheimer's association' is visible, along with the phone number '800.272.3900' and a search bar. Below the navigation bar, the page title is 'Dementia and Driving Resource Center'. The main content area features a video player titled 'Supportive Conversation' showing an elderly couple sitting at a table. To the left of the video, there is introductory text about driving demands and a 'Read more:' section with links for 'Having the conversation', 'Planning ahead', 'Signs of unsafe driving', and 'Resources'. Below the video, there is a section titled 'Having the conversation' with a paragraph of text.

For reliable information about dementia and driving, visit **alz.org/driving** or call **800.272.3900**.

NEW! Person-Centered Dementia Online Training for Professionals

The Person-Centered Dementia Care Training Program and essentiALZ Exam offers new and experienced professional care workers

Self-Paced Curriculum



Practical training based on nationally recognized benchmarks for quality care.

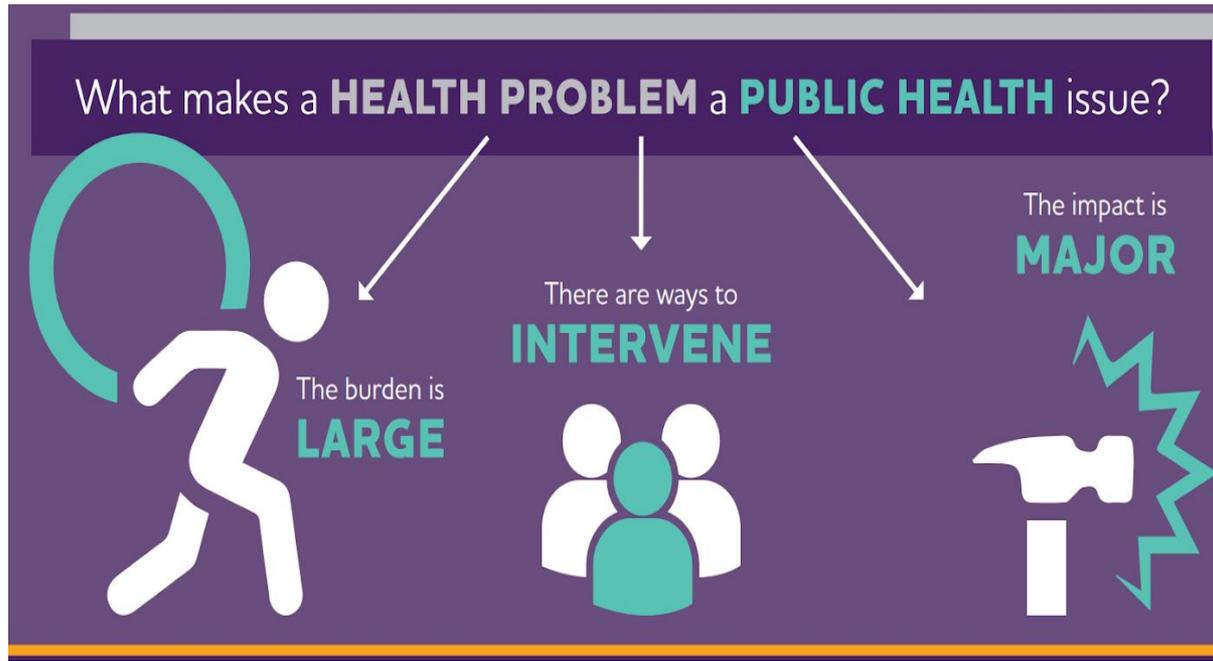


Recognition of knowledge through essentiALZ certification.



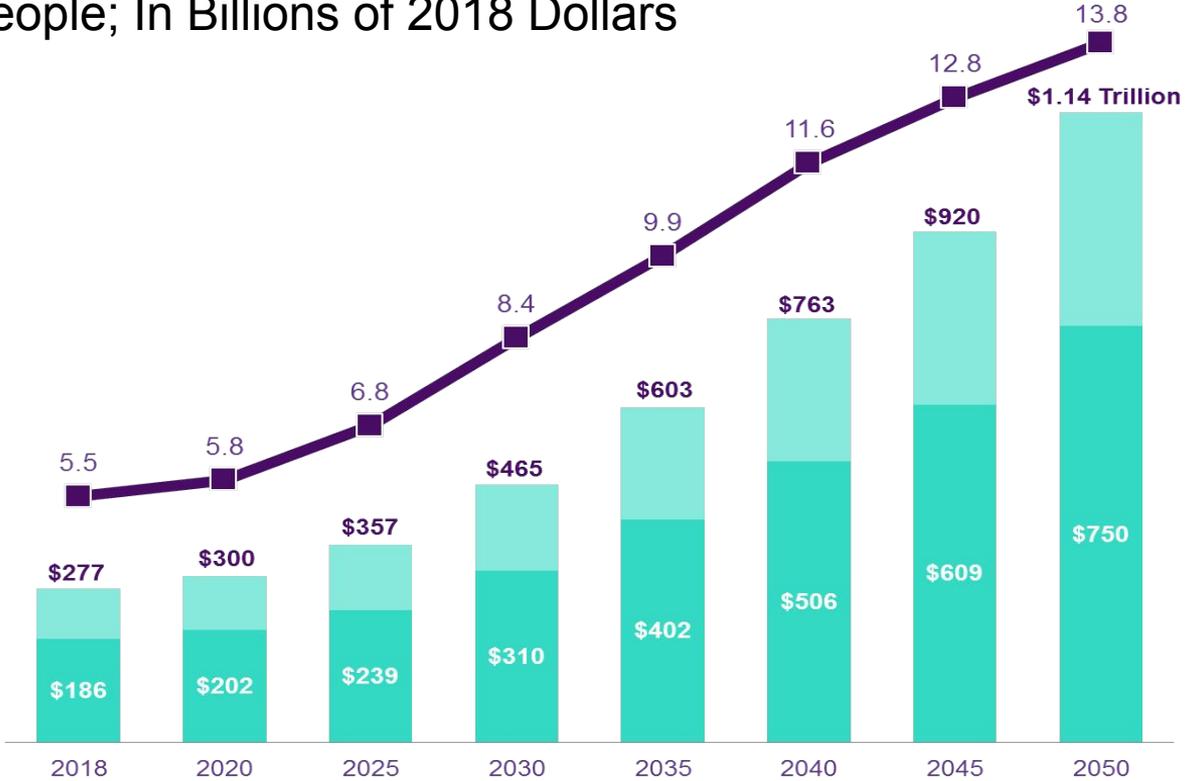
“Alzheimer’s is the most under-recognized threat to public health in the 21st Century”

- *Dr. David Satcher, former U.S. Surgeon General and former CDC Director*

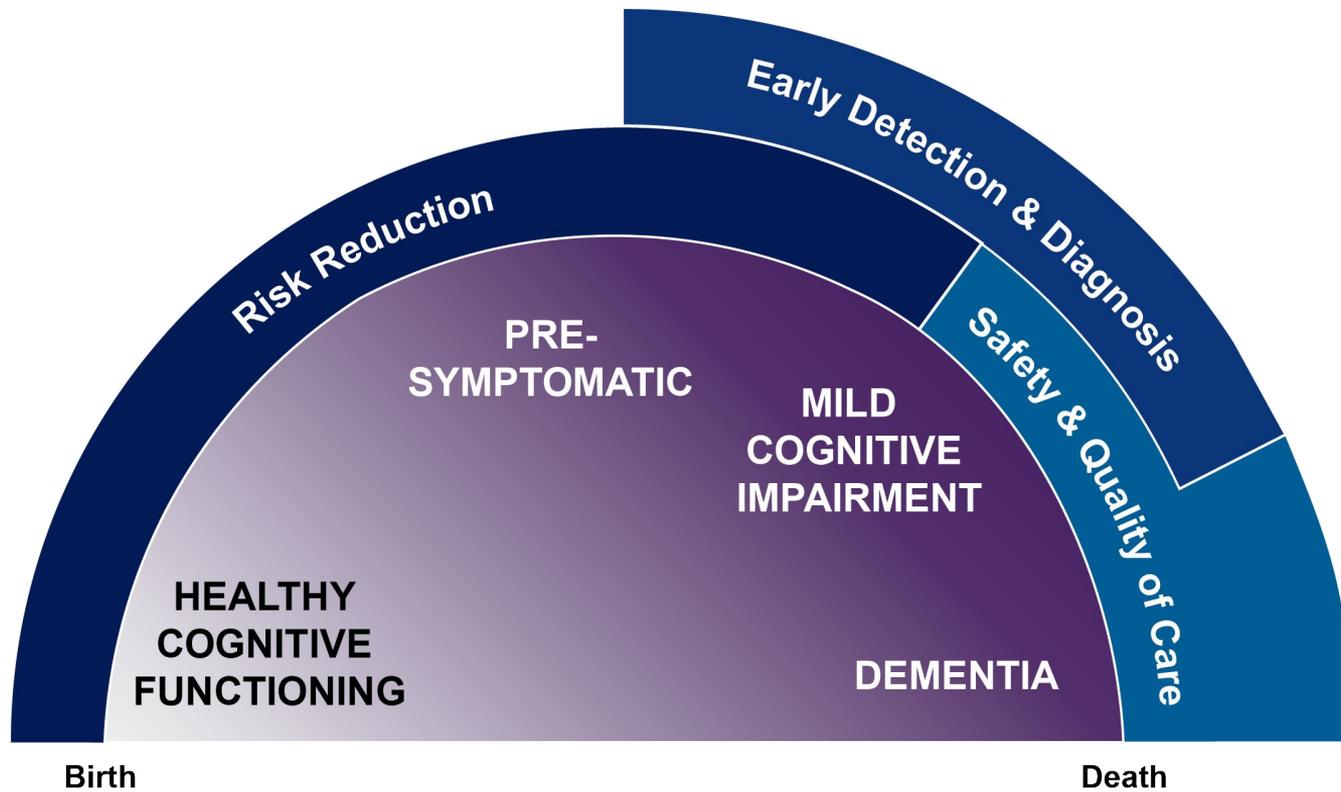


Alzheimer's Prevalence and Costs

In Millions of People; In Billions of 2018 Dollars



Life-Course Perspective and Public Health Roles



Public Policy & Advocacy



2021 Federal Policy Priorities



- **Comprehensive Care for Alzheimer’s Act (S. 56/H.R. 1474)**
- **Equity in Neuroscience and Alzheimer’s Clinical Trials (ENACT) Act (S. 1548/H.R. 3085)**
- **Increase Alzheimer’s Research Funding at NIH**
 - \$289 million increase in FY 2022
- **Fund Alzheimer’s Public Health Infrastructure**
 - Fully fund the BOLD Act at \$20 million a year
- **Alzheimer’s Caregivers Support Act (S.56/H.R.1474)**

2021 PA Policy Priorities



- *Increase Early Detection and Diagnosis to Improve Care Planning & Quality of Life (HB 1082) - Passed the House and now in Senate!*
- Equip PA with A Dementia-Capable Workforce
- *Enhance PA Caregiver Support Program (HB 464/SB195) - Enacted as Act 20 of 2021!*
- Protect Residents in LTC Settings From COVID-19 and Social Isolation

Amplify the voice of Alzheimer's and all other dementia by becoming a Volunteer Advocate!



Be part of the movement that is helping change public policy on Capitol Hill in Washington, DC and Harrisburg!

Learn more at: www.alzimpact.org

Any
Questions