



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

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



# 2024 Alzheimer's Disease Facts & Figures

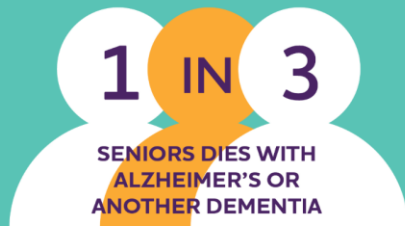


NEARLY  
**7 MILLION**  
AMERICANS ARE LIVING  
WITH ALZHEIMER'S

BETWEEN 2000 AND 2021, DEATHS  
FROM HEART DISEASE HAVE  
**DECREASED 2.1%**



WHILE DEATHS FROM  
ALZHEIMER'S DISEASE HAVE  
**INCREASED 141%**



THE LIFETIME RISK FOR  
ALZHEIMER'S AT AGE 45 IS



IT KILLS MORE THAN  
**BREAST CANCER** AND  
**PROSTATE CANCER**

— + —  
**COMBINED**



Older Black Americans are  
**2X AS LIKELY**  
to have Alzheimer's or other  
dementia than Whites.




Older Hispanic Americans are  
**1.5X AS LIKELY**  
to have Alzheimer's or other  
dementia than Whites.



# 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.

# Alzheimer's Disease is a Continuum

## Asymptomatic

No cognitive symptoms but possible biological changes in the brain

## MCI due to Alzheimer's disease

Symptoms of cognitive ability loss begin to appear

## Mild dementia (early stage)

Typically involves symptoms that interfere with some daily activities

## Moderate dementia (middle stage)

More pronounced symptoms that interfere with many daily activities

## Severe dementia (last stage)

Symptoms that interfere with most daily activities

Dementia due to Alzheimer's Disease

# Risk Factors




Although Alzheimer's is not a normal part of aging, age is the greatest risk factor for the disease. After age 65, the risk of Alzheimer's doubles every five years. Thirty-four percent of people aged 85 and older have Alzheimer's.



Family history is also a known risk factor — research has shown that those who have a parent, brother or sister with Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the disease.



Scientists know genes are involved in Alzheimer's. Two categories of genes influence whether a person develops a disease: risk genes and deterministic genes.



## 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.

# 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.

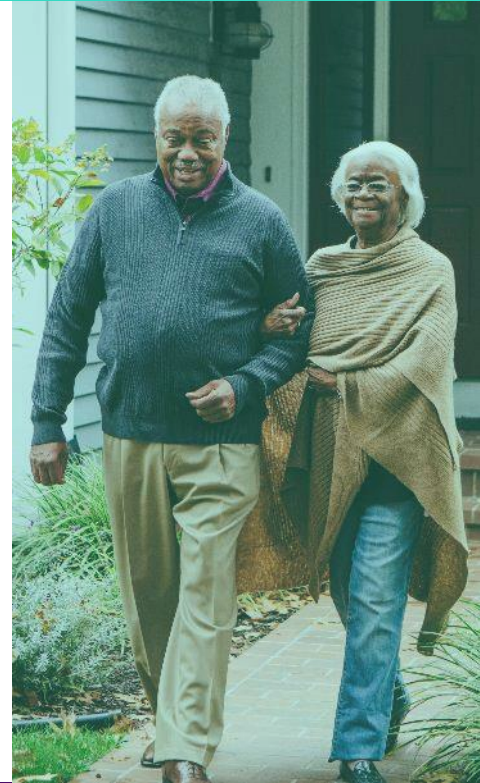


There are a number of benefits to early detection, including the opportunity to:

- 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).



# 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.**

# Unique Challenges for Dementia Caregivers



Dementia caregivers have twice the average out-of-pocket caregiving costs



30-40% of dementia caregivers experience depression



44% of caregivers have anxiety



Women are more likely to experience the stress of caregiving

# 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**

# Alzheimer's & Dementia- A public health issue

WHAT MAKES A HEALTH PROBLEM A POPULATION HEALTH ISSUE?

THE PREVALENCE & COSTS ARE  
**SUBSTANTIAL**



THE IMPACTS ARE  
**SERIOUS**



THERE ARE PUBLIC HEALTH  
**SOLUTIONS**



# The Alzheimer's Association provides care and support to those affected.

## Free 24/7 Helpline: 800.272.3900

- Staffed by master's-level clinicians and specialists
- Provides confidential support and information in over 200 languages

## Resource-rich website: [alz.org](https://www.alz.org)<sup>®</sup>

- Often the first stop for individuals after receiving a diagnosis
- Includes sections for those living with the disease, caregivers and health care professionals

## ALZConnected<sup>®</sup>: [alz.org/alzconnected](https://www.alz.org/alzconnected)

- Free online community designed for people living with dementia and their caregivers

## Education and support: [alz.org/CRF](https://www.alz.org/CRF)

- For caregivers and individuals living with Alzheimer's or other dementia
- Offered in-person, virtually and online

## Alzheimer's Association & AARP Community Resource Finder: [alz.org/CRF](https://www.alz.org/CRF)

- Comprehensive database of local dementia and aging-related resources

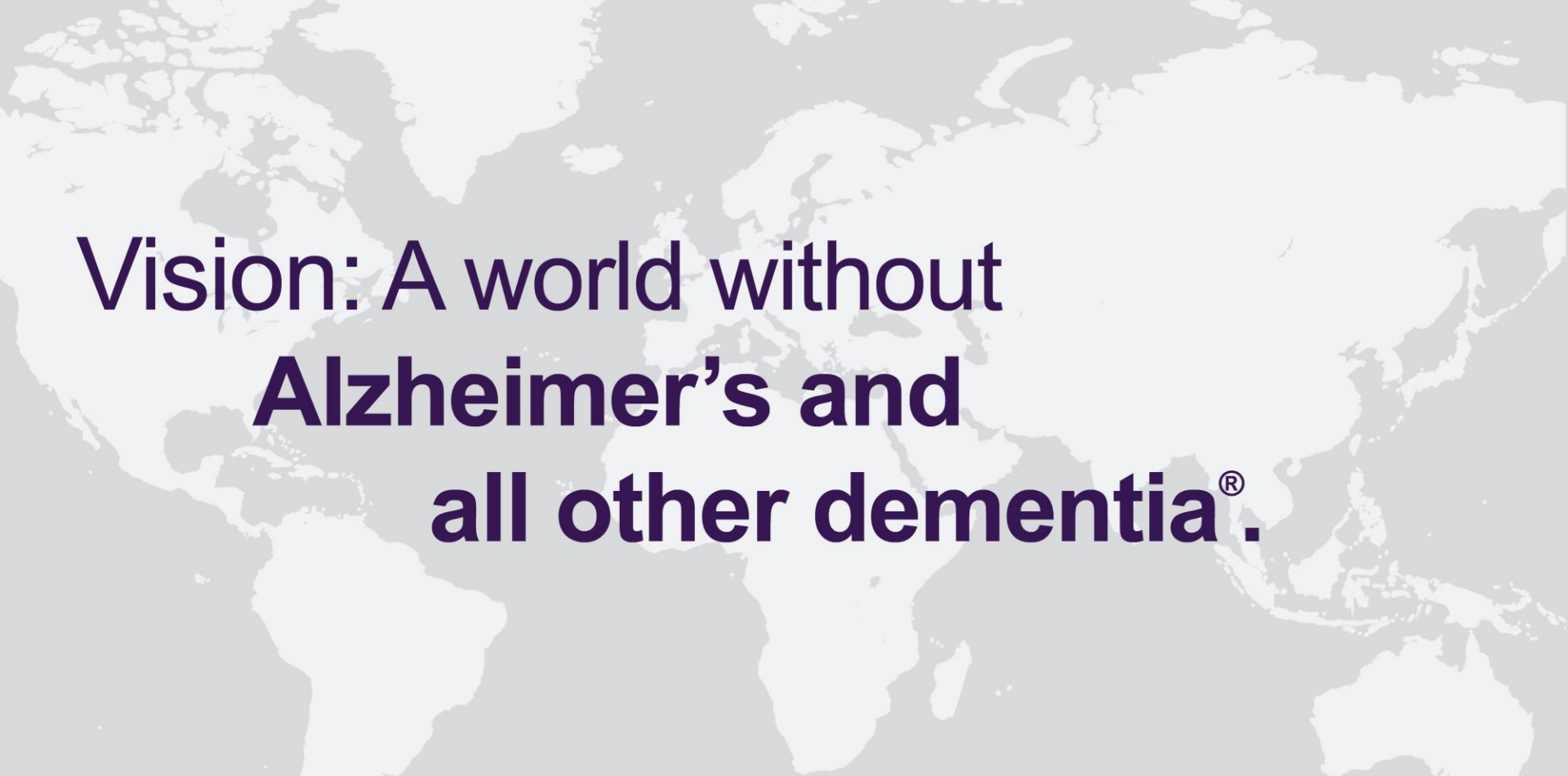
## Local chapters nationwide: [alz.org/findus](https://www.alz.org/findus)

- Programs and services in communities across the country



# 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.

A light gray world map is centered in the background of the slide, showing the continents of North America, South America, Europe, Africa, Asia, and Australia.

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

# Thank you for joining today's Alzheimer's Association presentation.

Please scan the QR code or visit  
**[www.alz.org/hello](http://www.alz.org/hello)**  
to record your attendance  
and let us know if you'd like  
to learn more.

