

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

### NICHE + Nebraska Methodist Hospital Regional Geriatric Nursing Conference

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## Objectives

- Attendees will understand the impact Alzheimer's and dementia have in our communities nationwide
- Attendees will recognize the importance of awareness and hope-filled education, resources, and support for people living with dementia and their family members
- Attendees will be able to name dementia resources available through the Alzheimer's Association

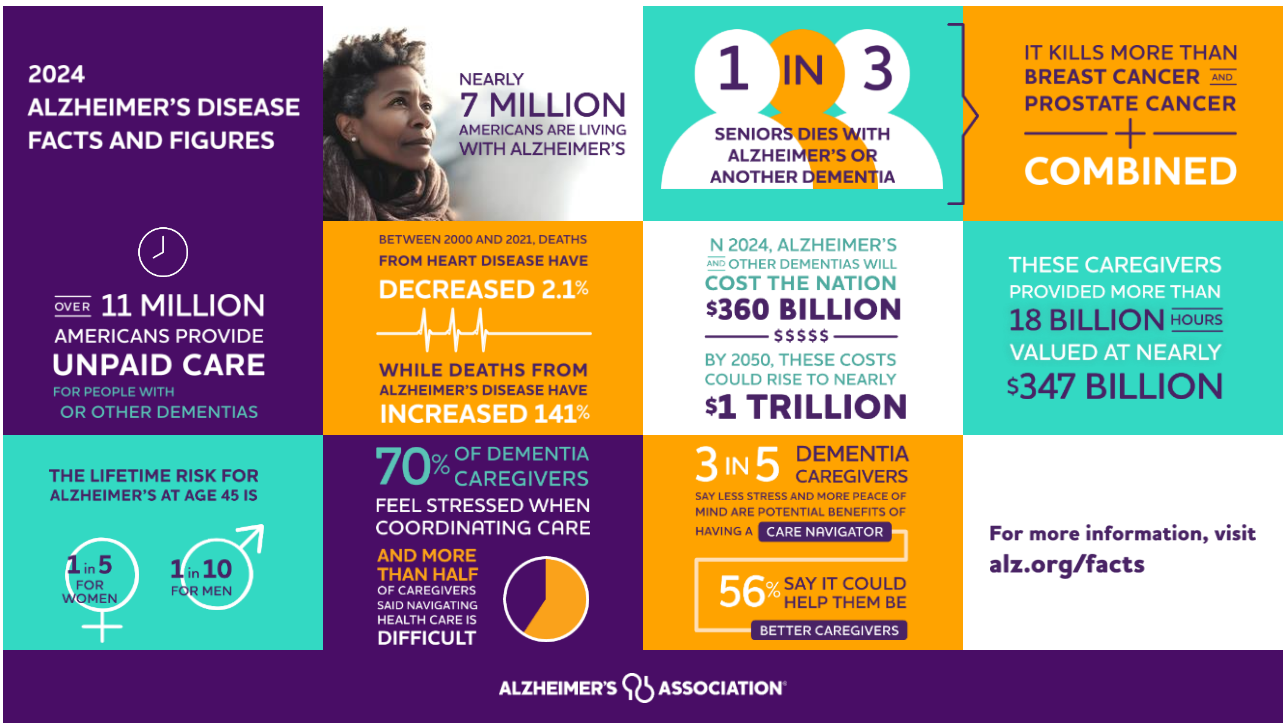
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# Mission:

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.

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<p><b>2024 ALZHEIMER’S DISEASE FACTS AND FIGURES</b></p>  <p>OVER <b>11 MILLION</b> AMERICANS PROVIDE <b>UNPAID CARE</b> FOR PEOPLE WITH OR OTHER DEMENTIAS</p>	 <p>NEARLY <b>7 MILLION</b> AMERICANS ARE LIVING WITH ALZHEIMER’S</p>	<p><b>1 IN 3</b> SENIORS DIES WITH ALZHEIMER’S OR ANOTHER DEMENTIA</p>	<p>IT KILLS MORE THAN BREAST CANCER AND PROSTATE CANCER <b>COMBINED</b></p>
<p>THE LIFETIME RISK FOR ALZHEIMER’S AT AGE 45 IS</p> <p><b>1 in 5</b> FOR WOMEN <b>1 in 10</b> FOR MEN</p>	<p>BETWEEN 2000 AND 2021, DEATHS FROM HEART DISEASE HAVE <b>DECREASED 2.1%</b></p>  <p>WHILE DEATHS FROM ALZHEIMER’S DISEASE HAVE <b>INCREASED 141%</b></p>	<p>IN 2024, ALZHEIMER’S AND OTHER DEMENTIAS WILL <b>COST THE NATION \$360 BILLION</b></p> <p>BY 2050, THESE COSTS COULD RISE TO NEARLY <b>\$1 TRILLION</b></p>	<p>THESE CAREGIVERS PROVIDED MORE THAN <b>18 BILLION HOURS</b> VALUED AT NEARLY <b>\$347 BILLION</b></p>
	<p><b>70%</b> OF DEMENTIA CAREGIVERS FEEL STRESSED WHEN COORDINATING CARE</p> <p>AND MORE THAN HALF OF CAREGIVERS SAID NAVIGATING HEALTH CARE IS DIFFICULT</p> 	<p><b>3 in 5</b> DEMENTIA CAREGIVERS SAY LESS STRESS AND MORE PEACE OF MIND ARE POTENTIAL BENEFITS OF HAVING A <b>CARE NAVIGATOR</b></p> <p><b>56%</b> SAY IT COULD HELP THEM BE <b>BETTER CAREGIVERS</b></p>	<p>For more information, visit <a href="https://alz.org/facts">alz.org/facts</a></p>

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# These are the **facts** about the **Alzheimer's** crisis

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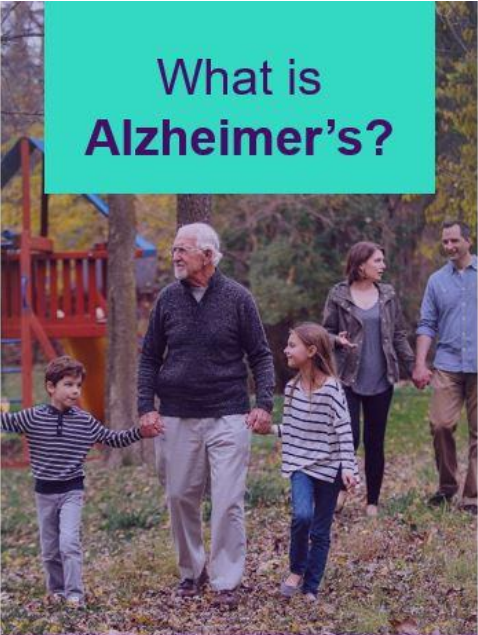


An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia

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

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# What is Alzheimer's?



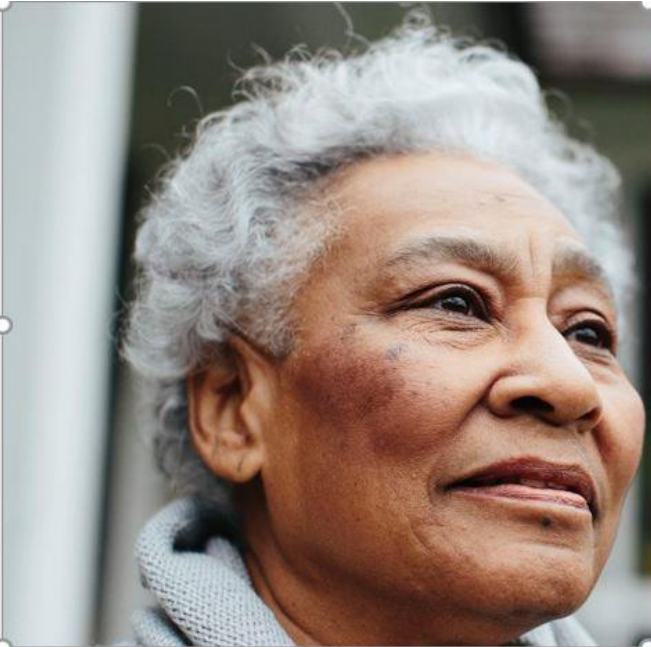
Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.



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

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.



<h2>Impact of Alzheimer's on Caregivers</h2>	 <p>In 2023, over <b>11 million Americans</b> provided unpaid care for people with Alzheimer's or other dementias.</p>	 <p>Caregivers provided more than 18 billion hours of unpaid care valued at nearly <b>\$347 billion</b>.</p>
 <p>Caring for someone living with Alzheimer's can take a <b>physical, emotional, social and financial toll</b> on family caregivers.</p>	 <p>Of the total lifetime cost of caring for someone with dementia, <b>70% is borne by family caregivers</b> — either through out-of-pocket expenses or from unpaid caregiving.</p>	 <p>59% of family caregivers rated the <b>emotional stress</b> of caregiving as high or very high.</p>
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<h2>Importance of Early Detection</h2>		
 <p>Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.</p>	 <p>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.</p>	 <p>There are a number of benefits to early detection, including the opportunity to:</p> <ul style="list-style-type: none"> <li>• Plan for the future</li> <li>• Explore treatment options</li> <li>• Participate in clinical studies</li> <li>• Involve the person with dementia in important discussions about decision-making and future care</li> </ul>
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## 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.

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## Take Charge of Brain Health



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



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



**Protect Your Head**



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



**Sleep Well**



**Be Smoke-free**

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# 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](http://alz.org).

