



LUNCH AND LEARN

Dementia In Alaska

**Wednesday, February 25th
12:00 PM**

**Davis 106
Hosted by Senator Yundt**

Alaska's Roadmap to Address Alzheimer's Disease and Related Dementias

December 31, 2014



A Call for Action:

Alaska's 10-Year Map to Address Alzheimer's Disease and Related Dementia

January 2021



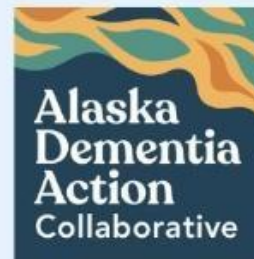
*Scan QR code to access
Alaska's 10-Year Plan to
Address Alzheimer's Disease
and Related Dementia*



**Alzheimer's
Resource
Alaska**



**UAA Institute of Social
and Economic Research**
UNIVERSITY of ALASKA ANCHORAGE



ALZHEIMER'S ASSOCIATION®





Alaska Dementia Action Collaborative

1

Expand service
options and
capacity

2

Establish a
dementia-
capable
workforce

3

Create resources
and information
for caregivers

4

Establish the
importance of
prevention &
early diagnosis

5

Develop a system to
monitor ADRD
prevalence & impact
of initiatives

6

Promote
innovation and
research

*Six Goals

*Quarterly Collaborative Meetings

*Five Workgroups meet eight times annually

*Lots of accomplishments, including, funding for Dementia Education and Prevention Program and CDC funding for the BOLD Grant, ADRD Workforce training, Data development, pilot projects in partnership with the VA, Increased awareness of risks and prevention of ADRD



UAA Institute of Social
and Economic Research
UNIVERSITY of ALASKA ANCHORAGE



ALZHEIMER'S ASSOCIATION

Agenda

Senator Rob Yundt — *Legislative Sponsor* Welcome

AARP Alaska — *Advocacy Director, Marge Stoneking*

Welcome and intro of the Alaska Dementia Action Collaborative

Alzheimer's Resource Alaska — *CEO, Lisa Sauder*

Alzheimer's disease and dementia definitions; service landscape and gaps

Alzheimer's Association — *Board Member, Janece Richard*

Latest research developments; hope and progress in the field

Alaska Commission on Aging — *Executive Director, Marty Lange*

Aging in place; costs of long-term care

UAA Institute for Social & Economic Research — *Spencer Perry, Ph.D.*

ADRD prevalence in Alaska: growth projections, costs, and data gaps

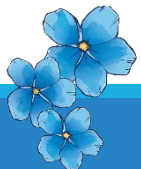


Alzheimer's Resource Alaska

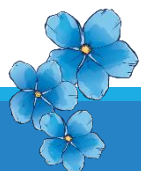


Our Mission:

Support Alaskans affected by Alzheimer's disease, related dementias and other disabilities to ensure quality of life.

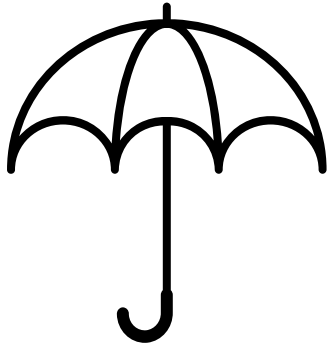


Why am I here?



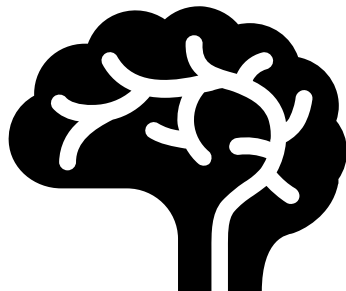
Alzheimer's & Dementia

Alzheimer's Disease is a specific type of dementia, but they are not the same thing.



Dementia

- **Umbrella term for cognitive decline severe enough to affect daily life.**
- Alzheimer's is one type.
- Other types: vascular, Lewy body, frontotemporal.
- Vascular risks include heart disease & stroke; vascular dementia ≈15–20% of cases.



Alzheimer's Disease

- Most common cause of dementia.
- **Progressive brain disease affecting memory, thinking, and behavior.**
- Driven by amyloid plaques & tau tangles → neuron loss and brain shrinkage.
- Risk influenced by age, genes, and lifestyle/environment.

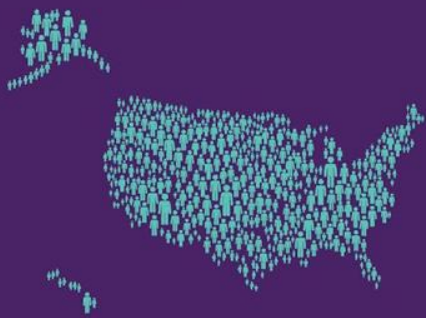


How We Fulfill Our Mission



2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

Over
7 MILLION
Americans are living with
Alzheimer's



1 IN 3

older adults dies
with Alzheimer's or
another dementia



IT KILLS MORE THAN

breast cancer



prostate cancer

COMBINED

Between
2000 and
2022 deaths
from heart
disease have
decreased

2.1%



while deaths
from
Alzheimer's
disease have
increased

142%

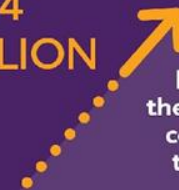


In 2025, Alzheimer's
and other dementias
will cost the nation

**\$384
BILLION**

By 2050,
these costs
could rise
to nearly

**\$1
TRILLION**



The lifetime
risk for Alzheimer's
at age 45 is

**1
IN
5**

for
women

**1
IN
10**

for
men



**NEARLY
12
MILLION**

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

These caregivers
provided more than
19 billion hours
valued at nearly

**\$413
BILLION**



**UP TO
4 IN 5**

Americans feel
optimistic about new
Alzheimer's treatments
in the next decade



92%
of Americans would
want a medication to
slow the progression of
Alzheimer's following
a diagnosis



Populations at **Higher Risk**



One in six American Indian and Alaska Native adults aged 45 and older report memory or thinking difficulties.



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.

Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at [alz.org/treatments](https://www.alz.org/treatments).



New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments **work in varying degrees and are not effective for everyone**.

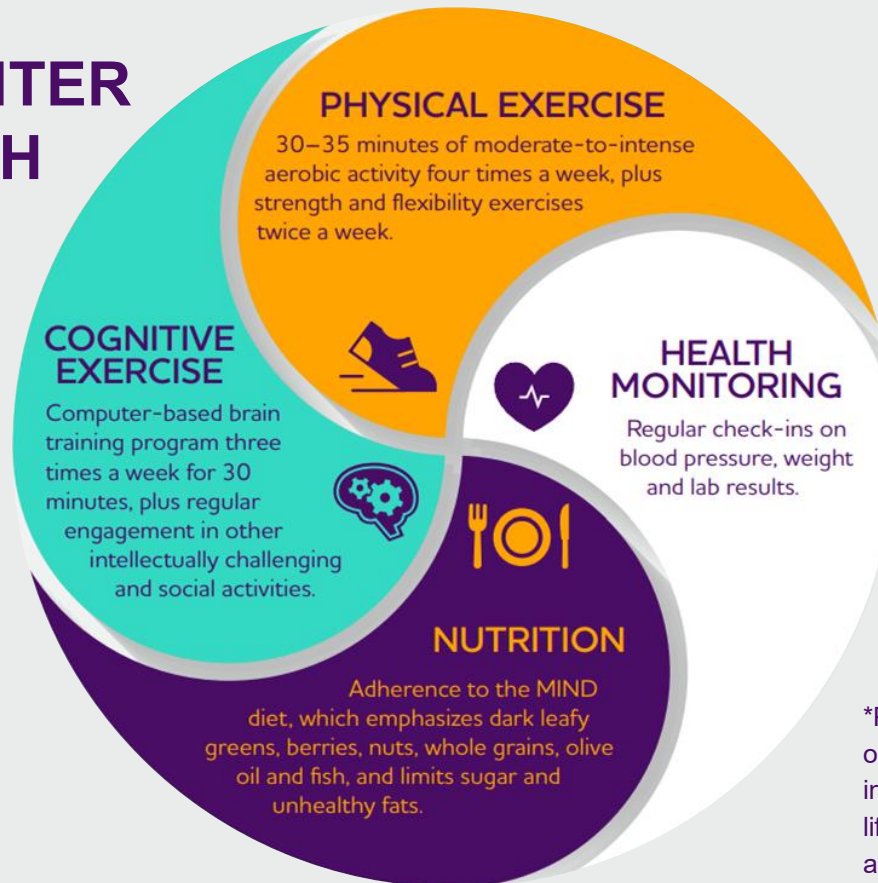




U.S. POINTER
ALZHEIMER'S ASSOCIATION

The first large-scale, randomized controlled trial in the U.S. to evaluate whether addressing several lifestyle factors at the same time – diet, exercise, cognitive stimulation, and heart health – can protect cognitive function in older adults at increased risk for cognitive decline.

THE U.S. POINTER BRAIN HEALTH RECIPE*

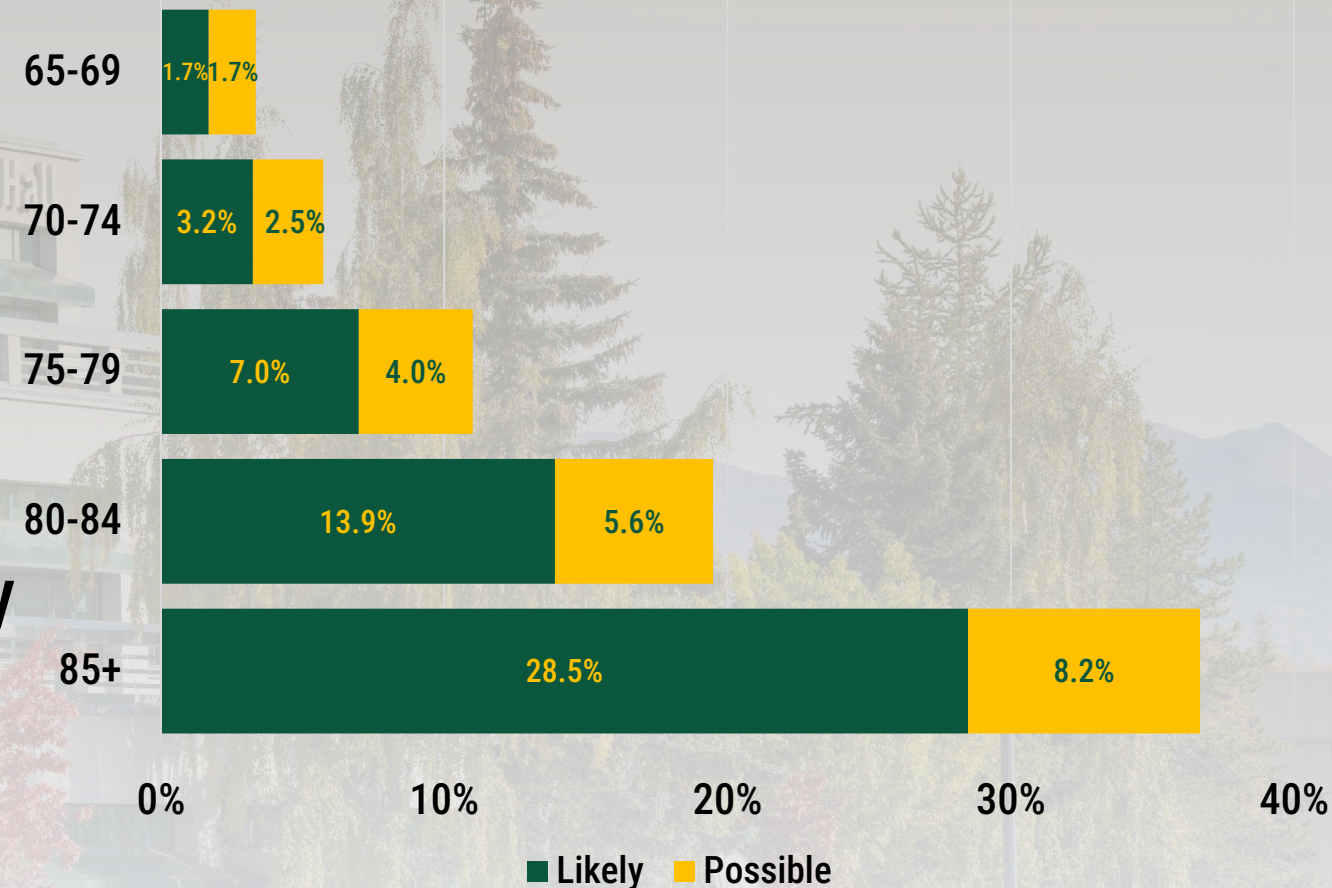


*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.

As of 2021...

- Between 6,200 and 9,300 Medicare beneficiaries in Alaska had ADRD
- Average prevalence rate of between 6.6% and 9.8%
- Prevalence rates vary substantially by age group

ADRD Prevalence Rates by Age Group

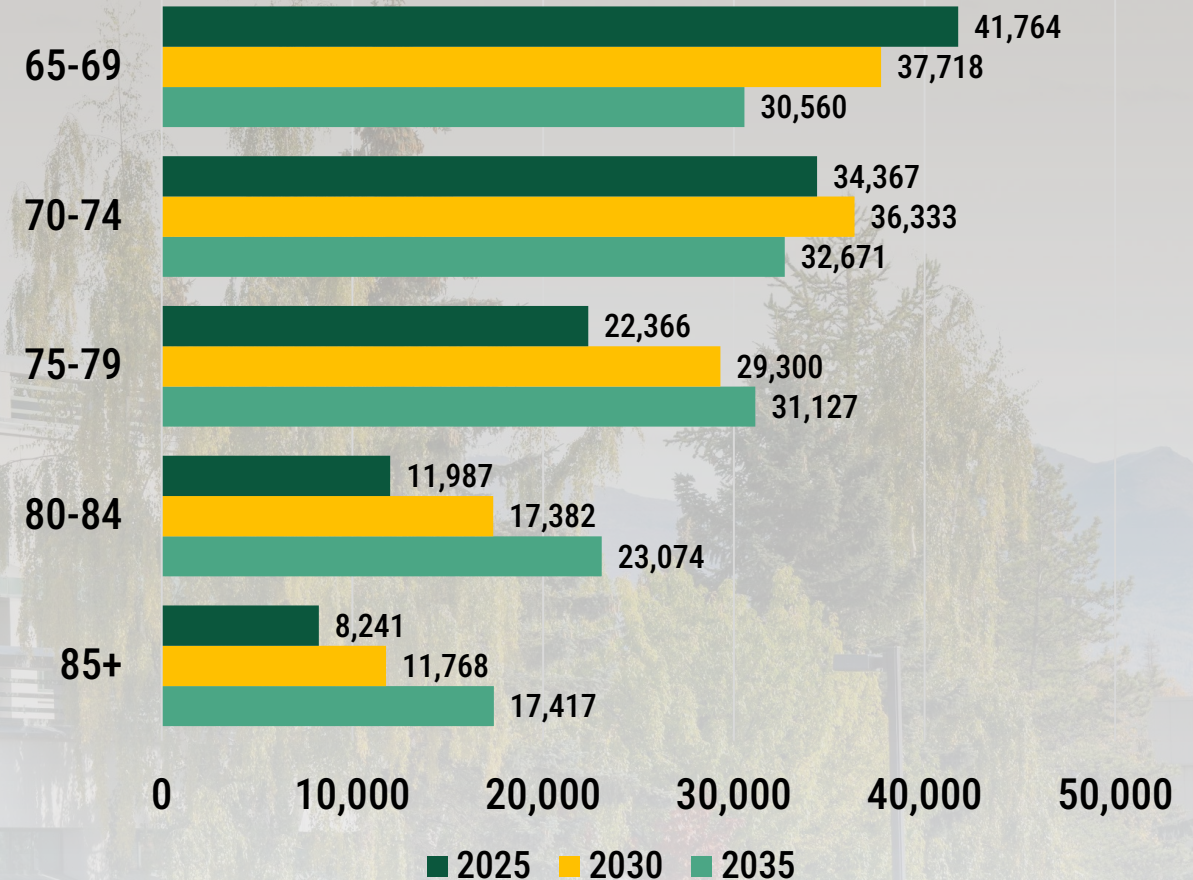


Source: NORC at the University of Chicago Dementia Datahub

And Alaskans are getting older

- AK Department of Labor forecasts significant growth in the 65+ population over the next 10 years
- Overall growth of 11.6% by 2030 and 13.5% by 2035
- Mostly driven by increases in the 75+ age groups—the most at risk age groups of ADRD

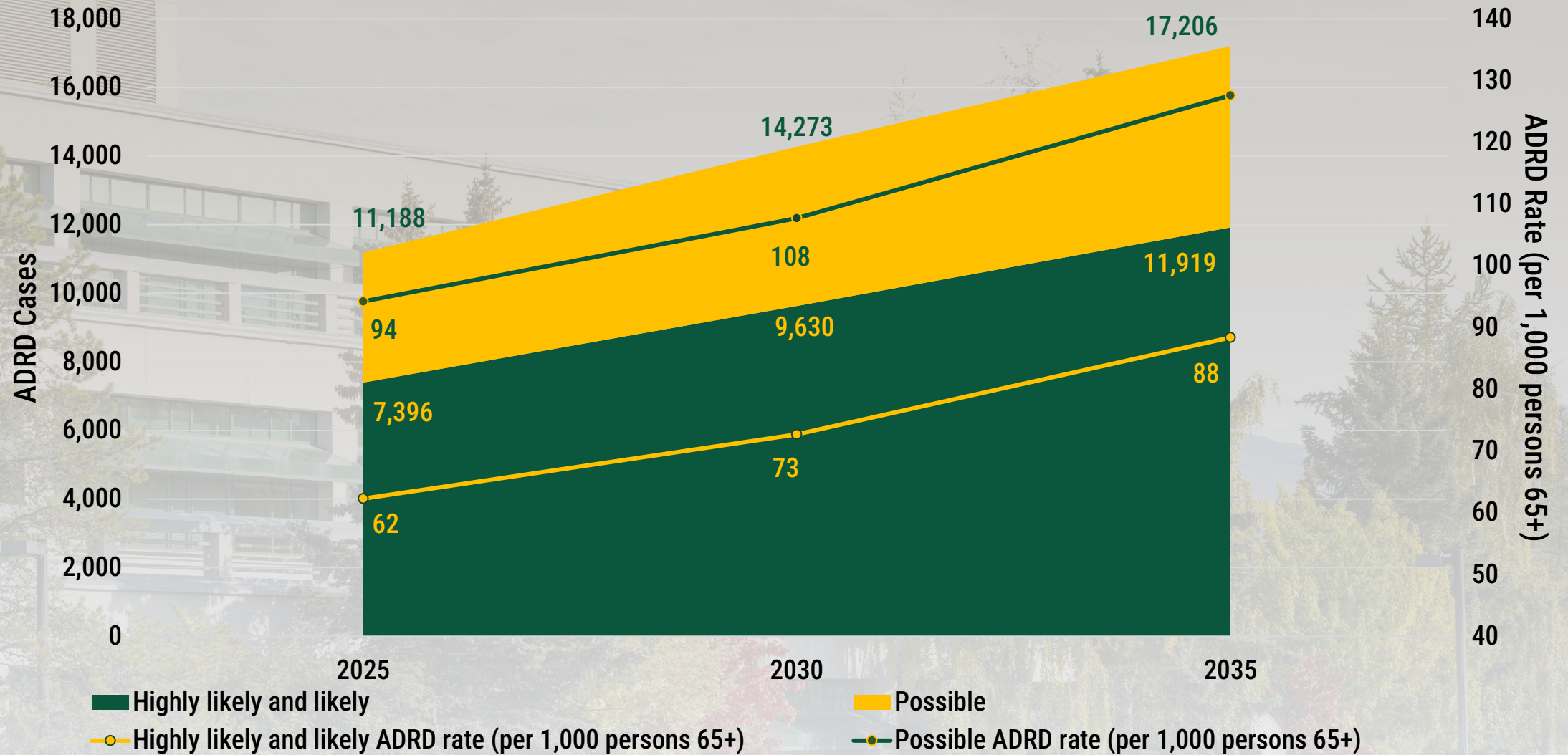
Projected Population by Age



Source: Alaska Department of Labor

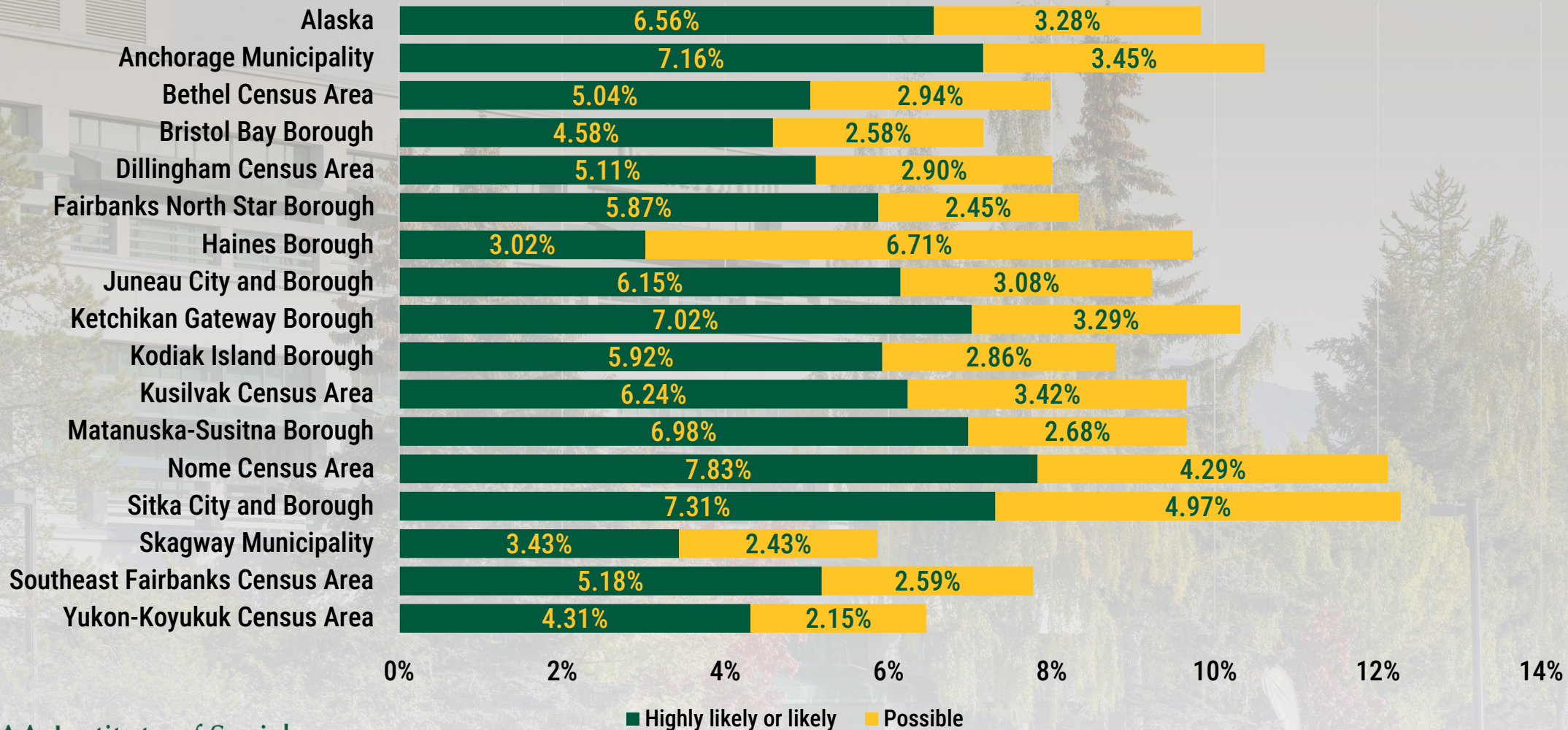


Projected growth of ADRD in Alaska



Regional variation in ADRD prevalence

Share of Medicare Beneficiaries with ADRD (2021)



Source: NORC at the University of Chicago Dementia Datahub

ADRD is costly

- ADRD is extremely expensive to treat and manage
 - The US spends (all payers) roughly \$230B per year
 - Because of high costs, many with ADRD end up covered by Medicaid at some point
- Roughly \$58B (~25% of total) is paid for by Medicaid
 - Medicaid spends between 40,000 and 70,000 per year on beneficiaries with ADRD
- Based on prevalence forecasts and estimates from literature, the State of Alaska's share of Medicaid spending on ADRD will be between \$8M and \$13M per year in 2030
- Additional non-fiscal costs of ADRD
 - E.g., informal family caregiving costs >\$150,000 per year
 - Estimates suggest only ~1/3 of all costs of ADRD are medical expenditures



But there is still a lot we don't know

- Recall that the most recent ADRD estimates are from 2021...
 - A higher frequency report on prevalence is critical for managing care (and costs)
 - We can only deploy new treatments if we know who has ADRD!
- We are working on a more sophisticated statistical model...
 - But use of CMS claims would be more reliable
 - BRFSS survey responses will provide an important supplement as well
- Even CMS claims and BRFSS have their limits
 - Likely underestimating prevalence (potentially by a lot!)
 - Better numbers require cognitive assessments to understand rate of under-diagnosis





Aging With Dignity And Independence

Mission:

To ensure the dignity and independence of all older Alaskans, and to assist them to live useful and meaningful lives through planning, advocacy, education, and interagency cooperation.

What is “aging in place?”



Advantage of Home and Community Based Grants

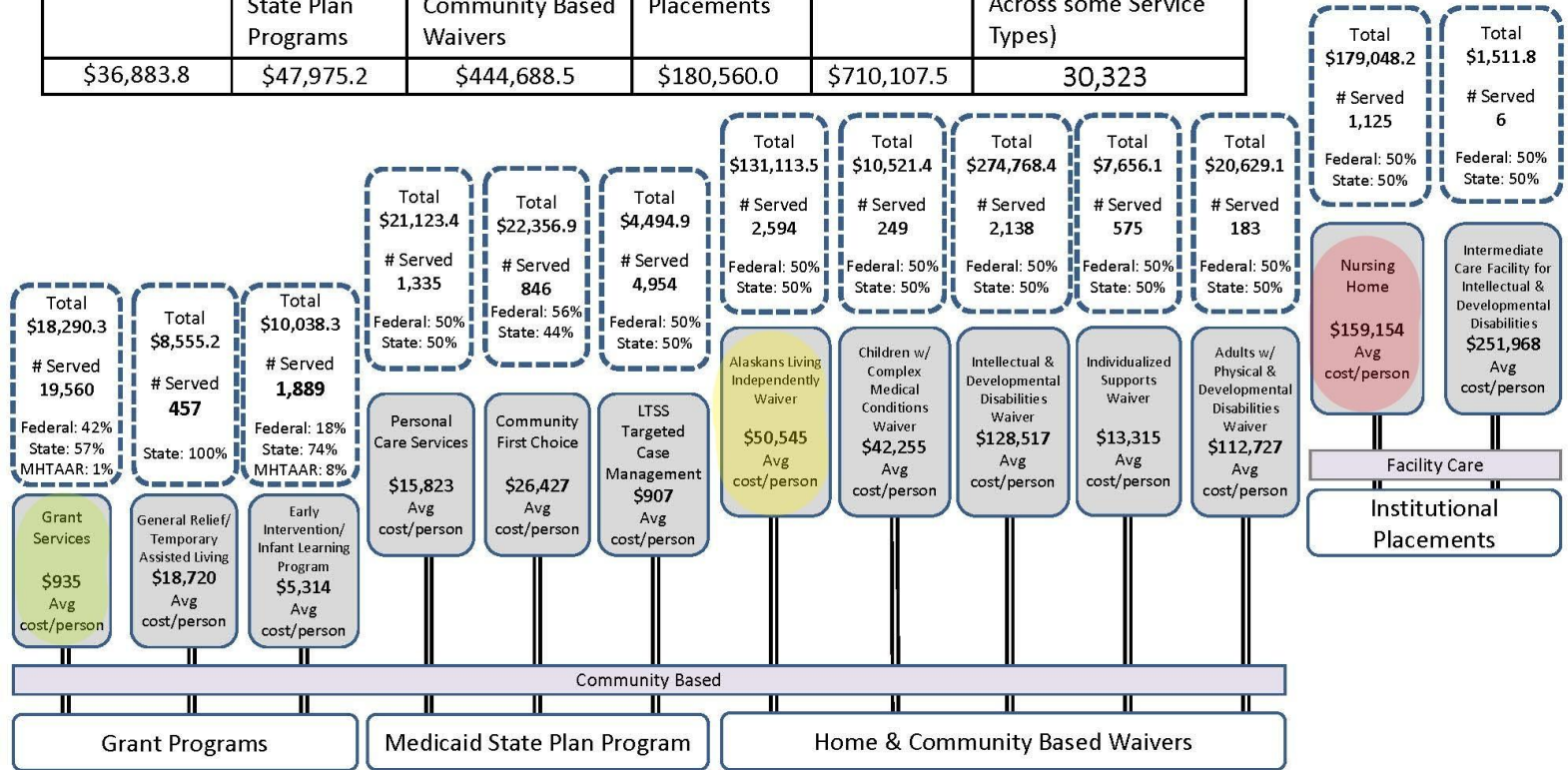
Non-Medicaid Senior Services	Medicaid Waiver	Skilled Nursing Facility
\$935 per year per client	\$50,545 per year per client	\$159,154 per year per patient
42% Federal 57% State 1% MHTAAR	50% Federal 50% State	50% Federal 50% State

State of Alaska Continuum of Care

Senior and Disabilities Services

SFY 2025 Costs by Funding Source and Average Cost per Person by Service Type

Costs by Funding Source					Total # Served (Duplicated Counts Across some Service Types)
Grant Services	Medicaid State Plan Programs	Home & Community Based Waivers	Institutional Placements	Total Costs	
\$36,883.8	\$47,975.2	\$444,688.5	\$180,560.0	\$710,107.5	30,323



Data Source: State of Alaska Automated Budget System, Final Auth 25 report; Harmony; COGNOS; SAMS; IRIS.



Alzheimer's Resource Alaska *CEO Lisa Sauder*

LSauder@alzalaska.org / 907.350.3818 / www.AlzAlaska.org

Alzheimer's Assoc *Director of Public Policy Ari Wiggin*

arwiggin@alz.org / 907.360.3550

AK Commission on Aging *Executive Director Marty Lange*

Martin.Lange@alaska.gov / 907.465.4793 / aging.alaska.gov

UAA Institute of Social & Economic Research *AK Asst Professor of Economics & Public Policy Spencer Perry, Ph.D.* - asperry6@alaska.edu

AARP Alaska *Advocacy Director Marge Stoneking*

mstoneking@aarp.org / 907.227.2991

Alaska Dementia Education & Prevention Program

doh.dementia.info@alaska.gov /

<https://health.alaska.gov/en/education/dementia-education>



**Alzheimer's
Resource
Alaska**



**UAA Institute of Social
and Economic Research**
UNIVERSITY of ALASKA ANCHORAGE

