



The Impact of Alzheimer's & Dementia in Our Community

www.alz.org/hello



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.

DEMENIA:



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.



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.



Alzheimer's Disease and Related Dementias in Alaska

1 in 5 AI/AN people aged 45 and older report experiencing subjective or mild cognitive decline, which is now recognized as the first clinical manifestation of ADRD

Research suggests potentially higher prevalence rates within American Indian and Alaska Native populations

Alzheimer's Disease and Related Dementias in Alaska

NUMBER OF PEOPLE
AGED 65 AND OLDER
WITH ALZHEIMER'S

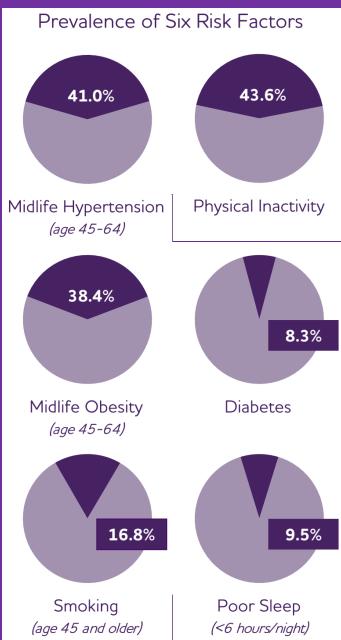
YEAR	TOTAL
2020	8,500
2025	11,000

ESTIMATED % INCREASE

29.4%

PREVALENCE

Alzheimer's Disease and Related Dementias in Alaska



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.**



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.**



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.



Compared with caregivers of people without dementia, **twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.**

Impact in Alaska

UNPAID CAREGIVERS (2022)

25,000 # OF CAREGIVERS

39,000,000 TOTAL HOURS
OF UNPAID CARE

\$795,000,000 TOTAL VALUE
OF UNPAID CARE

CAREGIVING

CAREGIVER HEALTH (2021)

53.7% OF CAREGIVERS
WITH CHRONIC
HEALTH CONDITIONS

27.7% OF CAREGIVERS
WITH DEPRESSION

15.2% OF CAREGIVERS
IN POOR PHYSICAL
HEALTH

We need to create more infrastructure to serve caregivers and people with dementia within the state and work to decrease existing stigma.

“I said I already have a wheelchair I bought, a \$300, but we need one that [the sides] comes off. And I said: what if I can’t find one here because this is a little town. They don’t have a medical store here. And [the doctor] said: ‘That’s what you get for living here’.”

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Impact of Alzheimer's and dementia on Alaska Native communities



Communities report losing Elders within their communities as they move to urban centers to gain access to care, treatment, and resources.

They are often said to leave the community to die, especially when they loose community connections, access to their traditional foods, family, community, and a familiar way of life.

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	 A photograph of an elderly man and a younger woman looking down at a screen, possibly a computer or television, with a serious or focused expression. This image represents the 10th sign of Alzheimer's, which is 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.



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

Take Charge of Brain Health

Traditional Practices

Community Engagement

Being on the Land

Native Foods

Spirituality

Generativity



Making a Difference in Our Community

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.





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
- Find education, support, and caregiving resources at alz.org/communityresourcefinder

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

