



NARFE-Region IX – Alzheimer's and Dementia Community Conversation

An Alzheimer's and Dementia Community Conversation

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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Our dual mission symbol represents the abstract forms of a human head and a beaker, emphasizing the people and the science behind our cause.



Care & Support



Advocacy



Education & Awareness



Research



Diversity, Equity & Inclusion

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.

What is Dementia?

- Dementia is a collection of symptoms related to cognitive decline
- This can include
 - Cognitive symptoms
 - Behavioral symptoms
 - Psychological symptoms
- **Alzheimer's is the most common cause of dementia**
- Not everyone with cognitive decline has dementia. Some causes of cognitive decline are reversible.

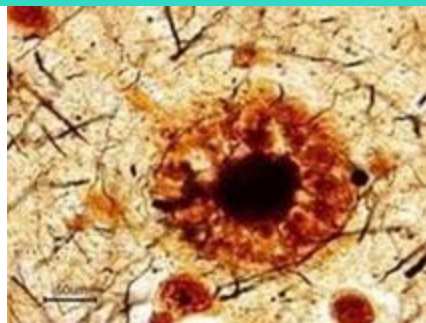
TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

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

The Hallmarks of Alzheimer's

1 Plaques



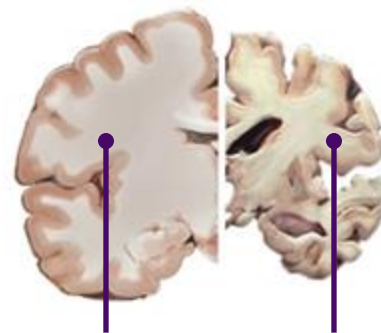
Made up of **beta amyloid**

2 Tangles



Made up of **tau**

3 Brain Cell Death



Healthy
brain

Advanced
Alzheimer's

2024
ALZHEIMER'S DISEASE
FACTS AND FIGURES



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



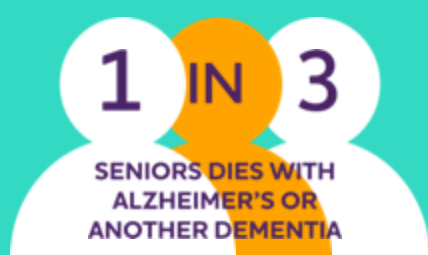
Older Black Americans are
2X AS LIKELY
to have Alzheimer's or other
dementia than Whites.

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE

DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%



IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER

COMBINED



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

Who is at risk?

- Age
- Family history
- Genetics
- Ethnicity/Race
- Sex
- Head injury?
- Lifestyle?

1 in 3
seniors
dies with
Alzheimer's
or another
dementia

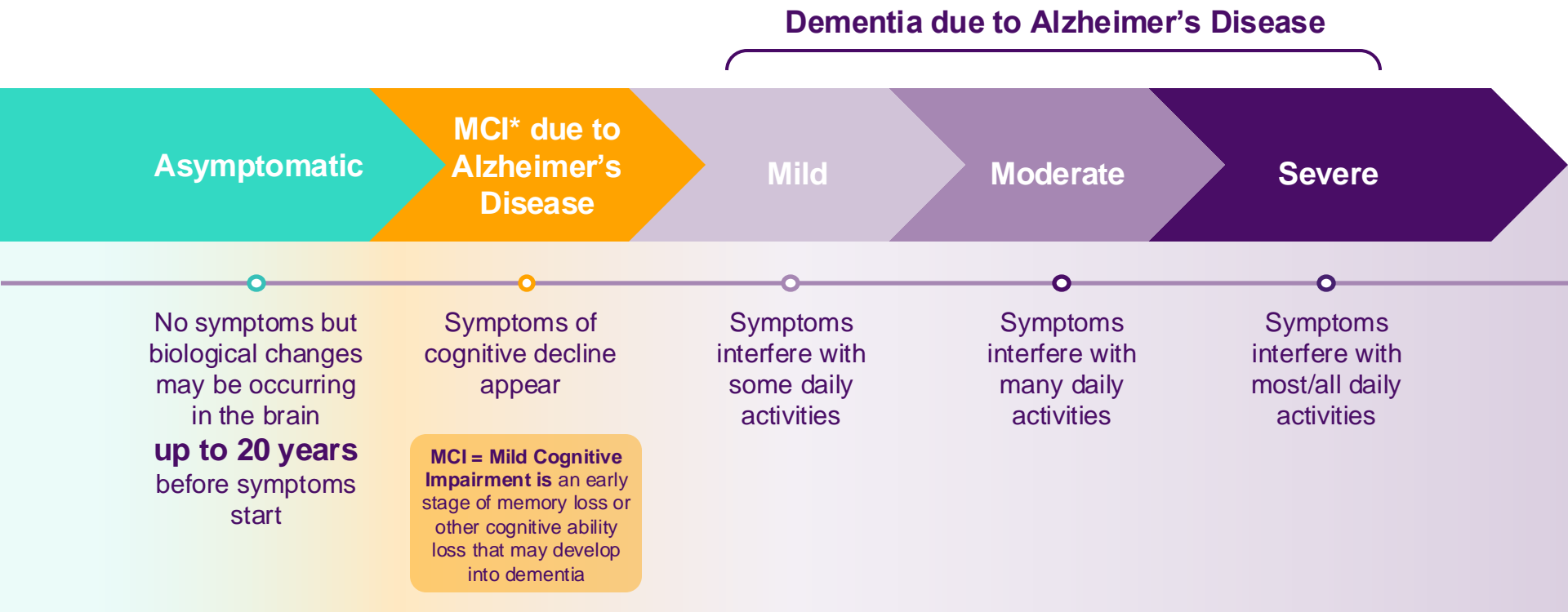
It kills more
than breast
cancer and
prostate
cancer
combined

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.

Alzheimer's Disease is a Continuum



Benefits of an Early and Accurate Diagnosis



Medical Benefits

- Access to current treatments
- An opportunity to participate in clinical trials
- A chance to prioritize health, including making lifestyle changes



Emotional and Social Benefits

- More time to plan for the future, access resources
- Time to plan end-of-life decisions



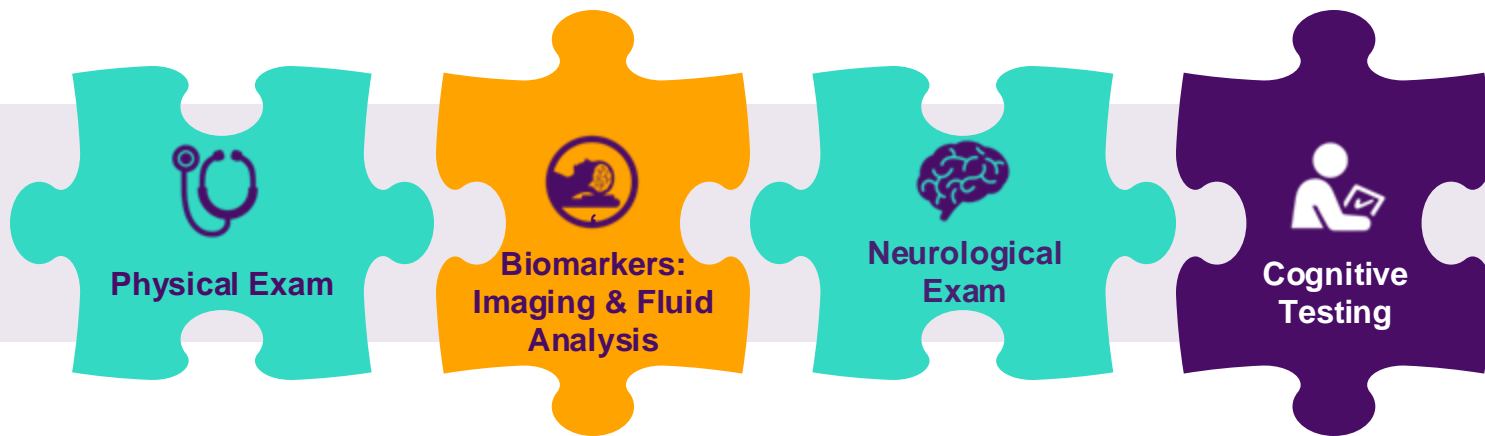
Financial Benefits

- Cost savings for families
- Cost savings for the U.S. government

How is Alzheimer's Currently Diagnosed?

There is no single test that can determine if a person is living with Alzheimer's disease or another dementia.

Doctors use a combination of diagnostic tools combined with medical history to make an accurate diagnosis.



Impact of Alzheimer's 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.



Caring for someone living with Alzheimer's can take a **physical, emotional, social and financial toll** on families.



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.**

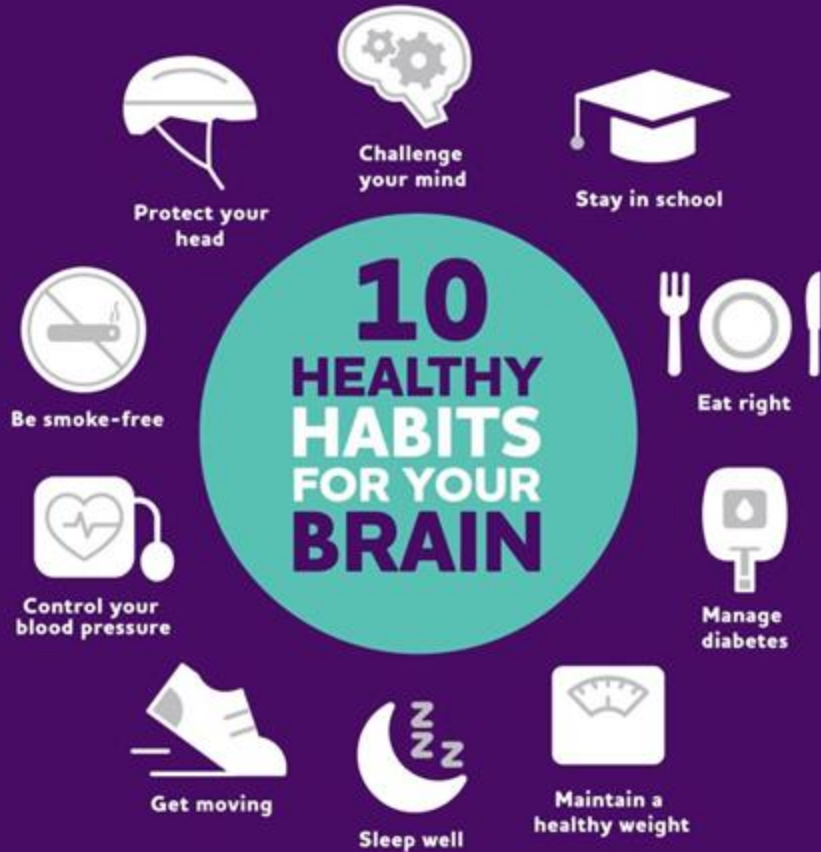
2024 Approved Therapies Timeline

FDA Approved Therapies for Alzheimer's Disease



Alzheimer's Disease Continuum





Reducing Risk of Dementia

- Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia.
- Up to **40%** of dementia cases could be prevented or delayed by targeting modifiable risk factors.
- Research suggests **combining multiple healthy factors** may be the most impactful.
- Nonmodifiable risk factors include age, genetics and sex/ gender/ race/ ethnicity.

WHAT: Two-year clinical trial across the U.S.
RESULTS EXPECTED, SUMMER 2025

HOW: Study intervention simultaneously targets multiple risk factors with a goal to protect cognitive function in older adults at increased risk for cognitive decline.

Results from this trial will inform the development of accessible and sustainable community-based programs for dementia prevention.

WHAT: Global network of lifestyle intervention trials that share experiences, data and joint initiatives to prevent cognitive impairment & dementia worldwide

HOW: World-Wide FINGERS network now includes research teams in 62 countries





WALK TO
END
ALZHEIMER'S

**REGISTER
TODAY.**

WALK TO
END
ALZHEIMER'S

WALK TO
END
ALZHEIMER'S

**JOIN THE FIGHT
FOR
ALZHEIMER'S
FIRST
SURVIVOR.**

WALK TO
END
ALZHEIMER'S



Ways to Join the Fight

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Whether you can spare a few hours a week or make a more significant time commitment, consider volunteering with the Alzheimer's Association. Numerous opportunities are available, including becoming a community educator or joining your local Walk Committee.
[alz.org/volunteer](https://www.alz.org/volunteer)

In the Flathead Valley, your local volunteers are Wally Walbruch, Jennifer Crowley, and Susan Socha.

EDUCATION

INTRODUCTORY PROGRAMS

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments to address some symptoms, and Alzheimer's Association resources.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Dementia Conversations

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

SPECIALTY TOPICS

The Empowered Caregiver This new education series teaches caregivers how to navigate the responsibilities of caring for someone with dementia and take care of their own well being. Each topic can be delivered individually and includes:

- Building foundations of caregiving,
- Supporting independence,
- Communicating effectively,
- Responding to dementia-related behaviors, and
- Exploring care and support services.

Managing Money: A Caregiver's Guide to Finances

Caregivers: How much do you know about managing money? This free online program by the Alzheimer's Association will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

New Advances in Alzheimer's Research This special program created by the Alzheimer's Association is designed for people considering options for future treatment.

Volunteer

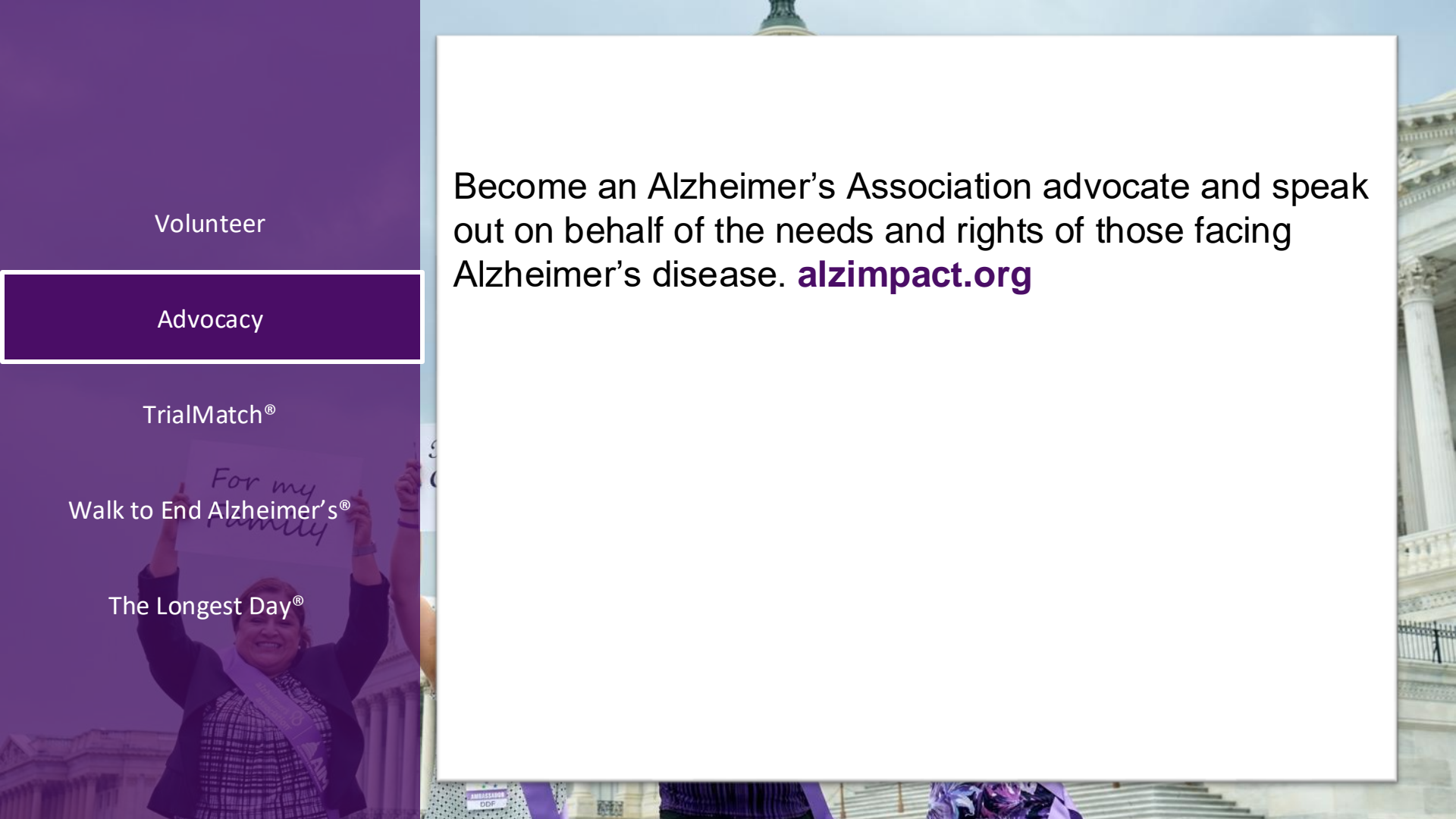
Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Become an Alzheimer's Association advocate and speak out on behalf of the needs and rights of those facing Alzheimer's disease. [alzimpact.org](https://www.alzimpact.org)



Advocacy



- **NAPA Reauthorization Bill (S133/H.R.619) Daines Tester**
- **Alzheimer's Accountability and Investment Act (S134/H.R.620)**
- **BOLD Infrastructure for Alzheimer's Reauthorization Act (H.R.7218/S3775) Montana CDC**
- **Accelerating Access to Dementia and Alzheimer's Provider Training (AADAP) Act (H.R.7688) Rural Montana Training**
- **FY25 Appropriations Research**



Volunteer

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Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service.

alz.org/TrialMatch

trialmatch®

alzheimer's  association®

POWERED BY CenterWatch iConnect™

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Held annually in more than 600 communities, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser to fight the disease. Register today to raise awareness and funds to benefit Alzheimer's care, support and research. alz.org/walk.

September 5-The Springs in Butte.



There are 6 Walks in Montana or you could do your own neighborhood walk.



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Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

On The Longest Day — **June 20th**, the day with the most light, the summer solstice — raise funds and awareness for the care, support and research efforts of the Alzheimer's Association through an activity of your choice. alz.org/thelongestday





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.

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

