The Alzheimer’s Association

How the Disease Affects Families: Available Services and Resources

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Learning Objectives

• Identify two statistics of Alzheimer’s disease
• Understand the 10 warning signs associated with Alzheimer’s disease
• Identify support services and programs for individuals with Alzheimer’s and their families
• Learn two research updates in the field of Alzheimer’s
2019 Facts and Figures

- Alzheimer's is the 6th leading cause of death in the United States.
- 5.8 million Americans are living with Alzheimer's.
- By 2050, the number is projected to rise to nearly 14 million.
- More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- Every 65 seconds, someone in the United States develops the disease.

More Alzheimer’s Facts & Figures 2019

- 1 in 10 over the age of 65
- 1 in 3 over the age of 85
- Duration of illness: 4-8 years on average
- Some people live as long as 20 years
- 2019: 280,000 in PA Age 65 and Older
- 2025: 320,000 14.3% increase
Early Detection Matters: Understanding the Warning Signs

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual or spatial relationships
- NEW problems with words in speaking/writing
- Misplacing things/Problem retracing steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality
Benefits of Early Detection

- Sense of relief for individual/family because of better understanding
- Maximizes time for decision-making, plan for future
- Access to early support and services
- Reduce future risks
- Can prevent or reduce future financial costs
- Improves clinical outcomes and medical management

Emotional Challenges: Person with Dementia

- Before diagnosis:
  - Frustration
  - Fear
  - Denial
  - Lack of Insight
  - Depression*

- After diagnosis:
  - Relief
  - Denial
  - Lack of Insight
  - Anger
  - Depression
  - Isolation
  - Depression*
Emotional Challenges: Caregiver/Care Partner

- Before Diagnosis:
  - Anger
  - Frustration
  - Fear

- After Diagnosis:
  - Denial
  - Resentment
  - Frustration
  - Anger
  - Guilt
  - Isolation
  - Sadness/Loneliness
  - Depression

Impacts of Younger-Onset Diagnosis

- Stigma
- Loss of Income
- Changing Parental Roles
- Health Insurance
- Active engagement
Support for Individuals & Families

Family Support & Care:
- 24/7 Helpline 800.272.3900
- Support Groups
- Family Education Programs
- Early Stage Support
- TrialMatch
- Safe Return/Medic Alert
- Advocacy
- Website: alz.org

FY 2017 Impact:
- Helpline Calls: 10,845 annually (900 on average monthly)
- Support Groups: Over 175 groups in our region
- Ed Programs: 184 programs, almost 1900 attendees

Online Resources
- Caregiving Center
- E-learning courses
- ALZ Connected
- Alzheimer’s Navigator
- Community Resource Finder
- Dementia & Driving
- www.alz.org

24/7 Helpline 800.272.3900
Education in the Community and Online

- Dementia and stage-specific information and education
- **Understanding Communication**
  - Verbal and Nonverbal
  - Don’t correct, teach or directly disagree, No “NO’S”
  - Eye contact, speak slowly, short phrases
  - Don’t rush, Take time
- **Responding to Challenging Behaviors**
  - Behavior as communication
  - What is Common, How to respond, How to de-escalate or redirect
    - Repeated questions, Agitation/Anger/Outbursts
- **Online Early Stage Programs for persons w disease & care partners**
- **Healthy Living for your Brain**

Information about Care Support & Respite

- In-Home Care
- Office on Aging
- Veteran’s Caregiver Support
- Adult Day/Adult Day Health
- Assisted Living
- Skilled Nursing Facility
A FREE matching program that makes it **easier for volunteers to participate** in research.

**Access at**
[alz.org/TrialMatch](http://alz.org/TrialMatch)  
or 800.272.3900

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**Public Policy & Research**
We Advocate

Alzheimer’s and Related Dementia Research Funding at the NIH

$165 million
450+ projects
25 countries
Continuum of Cognitive Impairment

MCI is a known risk factor for dementia
Everyone who experiences dementia passes through MCI
When you prevent new cases of MCI, you are preventing new cases of dementia

Biomarkers Are Changing the Game

Saliva Biofluid
Amyloid-β PET Imaging
Tau PET Imaging
Blood Test
Optical Evaluation

24/7 Helpline 800.272.3900
Modernizing the Diagnosis

Cognitively Unimpaired

Alzheimer's Dementia

Biomarkers

History & Cognition

20 years or more before symptoms appear, the brain changes of Alzheimer's may begin.

How We Can Help Individuals/Families

Chapter Programs

- 24/7 Helpline
- Constituent Education
- Support Groups
- Early Stage Support
- Safety Services
- Care Consultation

Online Programs

- E-Education
- Community Resource Finder
- ALZConnected®
- TrialMatch®
- alz.org®
- alz.org/delval

24/7 Helpline 800.272.3900
How YOU Can Help

• **Share and use the 24/7 Helpline:**
  1-800-272-3900

• Advocate – use your voice for those who can’t

• Volunteer as a speaker for our in-person education programs

• Start or join a Walk to End Alzheimer’s® team/Longest Day activity

• Participate in research

Thank You

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