



The Impact of Alzheimer's & Dementia in Our Community

www.alz.org/hello



**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.



Welcome

Harlyn Hardin
Program Director
Alzheimer's Association



Mission Moment

Melissa Cuthbertson
Pharmacist
Vanderbilt Medical Hospital





**Alzheimer's disease
is the fifth-leading
cause of death in the
United States**

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

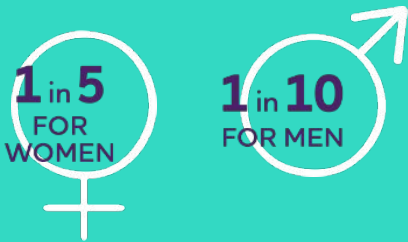


2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



OVER **11 MILLION**
AMERICANS PROVIDE
UNPAID CARE
FOR PEOPLE WITH
OR OTHER DEMENTIAS

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S

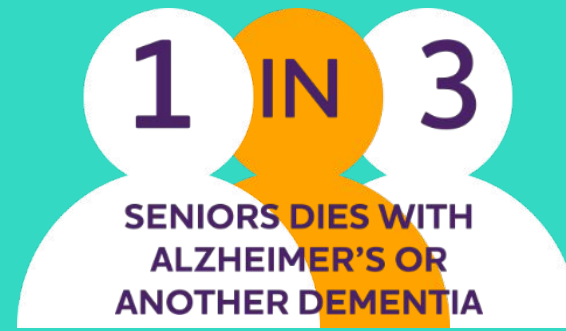
BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE
DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%

70% OF DEMENTIA
CAREGIVERS
FEEL STRESSED WHEN
COORDINATING CARE

**AND MORE
THAN HALF**
OF CAREGIVERS
SAID NAVIGATING
HEALTH CARE IS
DIFFICULT



IT KILLS MORE THAN
**BREAST CANCER AND
PROSTATE CANCER**
COMBINED

IN 2024, ALZHEIMER'S
AND OTHER DEMENTIAS WILL
**COST THE NATION
\$360 BILLION**

BY 2050, THESE COSTS
COULD RISE TO NEARLY
\$1 TRILLION

THESE CAREGIVERS
PROVIDED MORE THAN
18 BILLION HOURS
VALUED AT NEARLY
\$347 BILLION

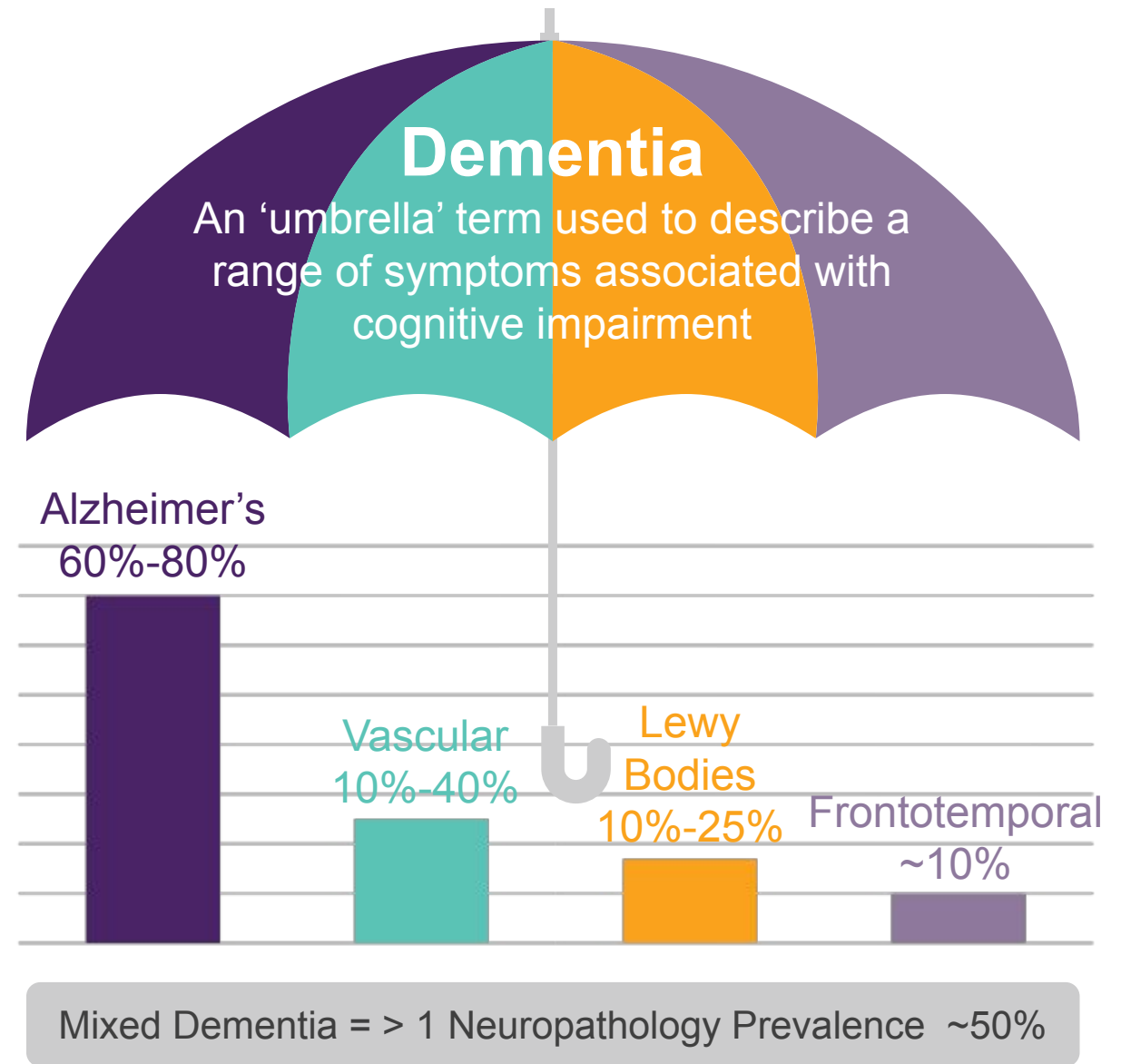
3 IN 5 DEMENTIA
CAREGIVERS
SAY LESS STRESS AND MORE PEACE OF
MIND ARE POTENTIAL BENEFITS OF
HAVING A **CARE NAVIGATOR**

56% SAY IT COULD
HELP THEM BE
BETTER CAREGIVERS

For more information, visit
alz.org/facts

Dementia is a Syndrome

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Alzheimer's is most common cause
- Mixed dementia is very prevalent
- Some causes of cognitive decline are reversible and not truly dementia



10 Warning Signs

What to be on the lookout for:

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 judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

A close-up, profile view of an elderly Black woman with short, curly white hair. She is looking upwards and to the right with a thoughtful expression. She is wearing a light-colored, textured scarf.

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.

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

Impact of Alzheimer's on Caregivers



In 2023, over **11 million Americans** provided unpaid care for people with Alzheimer's or other dementias.



Caregivers provided more than 18 billion hours of unpaid care valued at nearly **\$347 billion**.



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



Of the total lifetime cost of caring for someone with dementia, **70% is borne by family caregivers** — either through out-of-pocket expenses or from unpaid caregiving.



59% of family caregivers rated the **emotional stress** of caregiving as high or very high.

Alzheimer's in the Workplace

EMPLOYEE - CAREGIVER GROWTH

1 in 6 employees provide some level of care for a family member or friend; and the number of employee - caregivers is expected to **grow exponentially** over the coming decade

Employees may be juggling work and caregiving responsibilities leading to **Absenteeism**



57%

of employed caregivers had to go in late, call in sick or take time off due to caregiving duties

25%

Nearly 1/4 of caregivers are in the “Sandwich generation” caring for an aging parent and a child under the age of 18

\$34B

Employee caregivers often neglect their own care leading to Increased health care costs resulting in losses to U.S. employers of up to \$34 Billion annually

Alzheimer's Association

- 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
 - Maximizing quality care and support
- Our **vision** is a world without Alzheimer's and all other dementia.



HELP FOR TODAY HOPE FOR TOMORROW

Because no one should face Alzheimer's alone.

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research.



CARE & SUPPORT

We work on a national and local level to provide care and support for all those affected by Alzheimer's and other dementias.



RESEARCH

As the largest nonprofit funder of Alzheimer's research, we are committed to advancing vital research toward methods of treatment, prevention and, ultimately, a cure.



ADVOCACY

We are the driving voice for Alzheimer's disease advocacy, ensuring that the need for Alzheimer's care, education and research is heard at every level of government.



The Largest Nonprofit Funder of Alzheimer's & All Dementia Research in the World



\$405M

currently
active



1,100+ projects



56 countries



Find GRANT info at
alz.org/grants

Research in our Community

The Alzheimer's Association plays a role in nearly every significant development in Alzheimer's science to date.

Tennessee



Total awards: 37
Year: 1993-2024
Active awards: 10

Grant Funding



Total amount: \$ 8.1 M
Active amount: \$ 2.5 M

ISTAART

62 Members

Grant Reviewers



Reviewers: 47
Critiques: 394

Funded Institutions



Vanderbilt University, The University of Tennessee, St. Jude Children's Research Hospital

Always Here

The Alzheimer's Association is here **all day, everyday** for people facing Alzheimer's disease through our free

24/7 HELPLINE

800.272.3900



WEBSITE

alz.org



**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

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](https://www.alz.org)
- Find education, support, and caregiving resources at [alz.org/communityresourcefinder](https://www.alz.org/communityresourcefinder)

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

The Walk to End Alzheimer's campaign is the largest fundraiser in the world to support Alzheimer's and related dementia care, support, policy and research.





Register today!

Join the Walk in your community!

You can join the fight against the disease in a number of ways - 10 Walks across Tennessee.

- Starting a company team
- Becoming a sponsor
- Join our planning committee
- Making a connection
- Participating with our matching gifts program

World's largest event to raise money and awareness for Alzheimer's Disease and other dementia.



THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT.™

The Longest Day® is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world will come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

The day with the most light — is the day we fight.



The Longest Day is the Alzheimer's Association's second signature event.

Choose any activity to honor a loved one.

Events are hosted year-round, but celebrated on around the Winter and Summer solstice.

Can take place anywhere!

Register today by scanning this QR code!



ALZ Fundraising App

Everything you need at your fingertips.

Our free, easy-to-use ALZ Fundraising App allows you to:

- Start or join a team.
- Update your personal page.
- Check your fundraising progress.
- Send fundraising messages.
- Deposit checks.
- Plant a virtual Promise Garden.
- Access support.



**WALK
TO
END**
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Who is ready to #ENDALZ?

**THE END OF ALZHEIMER'S
IS CLOSER THAN EVER.**

TO GET THERE, WE NEED YOU.

Who's in?

Stand up if you plan to join us!

A young boy with dark hair and a slight smile is holding a large white sign that says "THANK YOU!". He is wearing a purple vest with orange and white trim over a dark shirt. The background is a field of colorful, stylized flowers in shades of purple, orange, yellow, and blue. The flowers have green leaves and some have small logos on them.

**THANK
YOU!**

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ALZHEIMER'S ASSOCIATION®

