

# Understanding Alzheimer's & Dementia

## Three Facts

1. Any age is a good age to talk about Alzheimer's and dementia
2. When speaking to someone progressing through Alzheimer's, give them at least 20 seconds to process and respond
3. Alzheimer's is not meant to be taken on alone

## Three Goals

1. To create a comfortable environment for questions and sharing
2. To provide education that will have you leave here feeling more empowered than when you entered
3. Speak up, offer help, and listen if someone you know is affected by a form of dementia

# Our Mission

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research

Our mission is to lead 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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# Alzheimer's Disease Facts & Figures



More than  
**6 MILLION**  
Americans are living  
with Alzheimer's.



1 in 3 seniors  
**DIES WITH  
ALZHEIMER'S**  
or another Dementia.



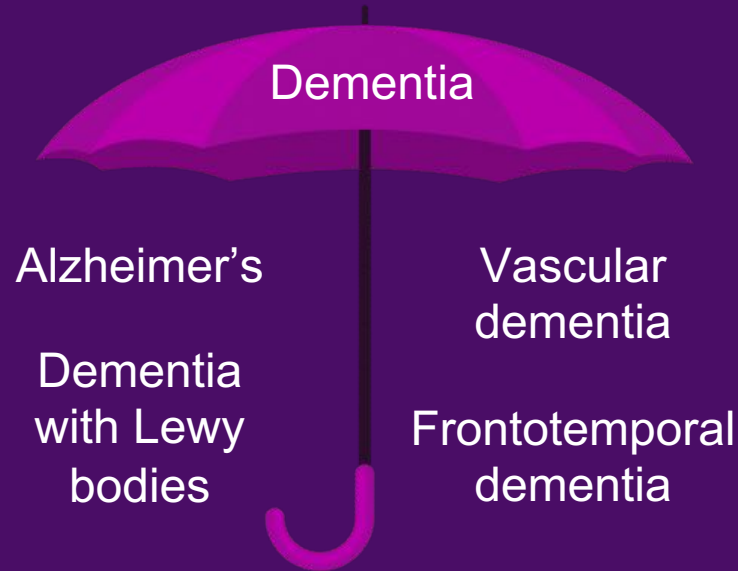
More than **11 MILLION  
AMERICANS** provide  
**UNPAID CARE** for  
people with Alzheimer's  
or other dementias.



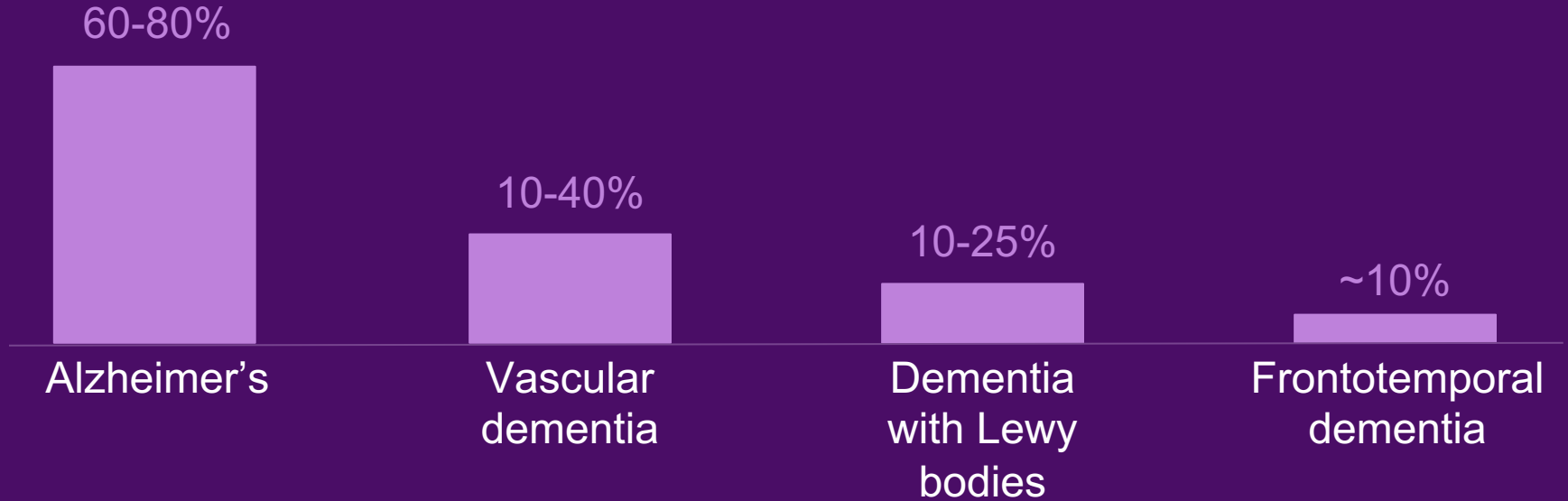
In 2020, COVID-19  
contributed to a  
**17% INCREASE**  
in Alzheimer's and  
dementia deaths.

[Alz.org/Facts](https://www.alz.org/Facts)

# Alzheimer's Disease vs. Dementia



# Alzheimer's Disease vs. Dementia



# Alzheimer's is not Normal Aging

# What May Impact Risk

## Non-Modifiable Risk Factors

Age\*  
Genetics  
Race / Ethnicity

## Modifiable Risk Factors

Environmental / Lifestyle Factors  
Cardiovascular Health  
Physical Activity  
Diet  
Sleep  
Social / Cognitive Engagement  
Education  
Traumatic Brain Injury



# 10 Warning Signs of Alzheimer's

Memory loss that disrupts daily life\*

Challenges in planning or solving problems

Difficulty completing familiar tasks

Confusion with time or place

Trouble understanding visual images or spatial relationships

# 10 Warning Signs of Alzheimer's

New problems with words in speaking or writing

Misplacing things and losing the ability to retrace steps

Decreased or poor judgement

Withdrawal from work or social activities

Changes in mood and personality

# Programs & Services



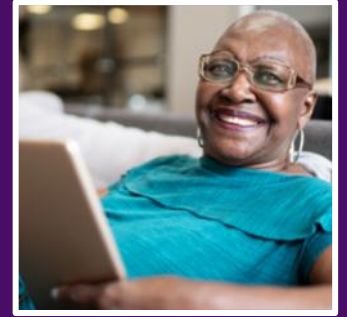
24/7 Helpline  
800.272.3900



Support  
Groups



Care  
Consultations



Educational  
Programs & More

# Questions?



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# The Longest Day



Video Taping



Baking & Cooking



Painting



Restaurant Sit Back



Golf Tournament



Adventure Biking Friends



Exercise Class



Card & Board Games





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# Thank You

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