

Understanding Alzheimer's & Dementia 4.20.2022 - LindaW

Presenters:

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Services provided by Washington State Chapter:

<https://www.alz.org/alzwa>

24-hour helpline: 800.272.3900

Care Consultation (Social Work)

Support groups

Education materials/workshops and conferences

Overview:

- Dementia is significant memory loss that can be caused by many different things.
- Alzheimer's is the #1 cause of dementia.
- It is a progressive disease, ultimately fatal. Duration varies 4-20+ years after diagnosis.
- Age is the number 1 risk factor – 34% of people 85+ have Alzheimer's
- Incidence is 3.8x greater in women – predominately due to women outliving men.
- Current estimated 6 million people affected – expected increase to 15 million by 2050.
- Some people have a genetic risk – most prevalent with early onset of the disease.
- Of those who experience Mild Cognitive Impairment (MCI), 1/3 will be diagnosed with Alzheimer's within 5 years.
- Still unknown what causes Alzheimer's.

10 Early Signs and Symptoms of Alzheimer's Disease

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion time and space
5. Trouble with special images
6. New problems with words – speaking or writing
7. Misplacing things and difficulty retracing steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood or personality

Treatment: Currently the drugs available do not “cure” but they slow the progression.

Prevention: healthy habits – nutrition, exercise, continued learning and engaging socially with others – especially new connections. The brain creates more “gray matter” when you learn something new.

Contact the University of Washington about its Wellness Center, Research, and information about accepting brain donations <http://depts.washington.edu/mbwc/>

Resources: Alzheimer's Association Resources

- Call the 24/7 Helpline (**i800.272.3900**). Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Visit **alz.org**®, which includes free resources and up-to-date information for all those facing Alzheimer's and other dementia.
- Join ALZConnected® (**alzconnected.org**), our free online community, to connect with other caregivers or people living with dementia.
- Explore Alzheimer's Association & AARP Community Resource Finder (**alz.org/CRF**) to find dementia resources, programs and services in your area, including your local Association office.
- Assess your needs and create customized action plans with Alzheimer's Navigator® (**alzheimersnavigator.org**).
- Check out **alz.org/research** to learn more about how the Association is advancing the field of research.
- Go to **alz.org/publications** to access brochures and other resources on a variety of topics.

For people living with dementia:

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today.
- Access LiveWell Online Resources (**alz.org/livewell**) for free interactive tools and personalized steps for living well with the disease.
- Take our free Living with Alzheimer's: For People with Alzheimer's workshop online at **alz.org/education** or through your local Alzheimer's Association chapter (**alz.org/CRF**).

For caregivers:

- Find support and information for all stages of the disease at **alz.org/care**.
- Visit the **alz.org/safety** for safety information, tips, and resources.
- Take our free Living with Alzheimer's: For Caregivers workshop series. online at **www.alz.org/education** or through your local Alzheimer's Association chapter **alz.org/CRF**