

**Thank you for joining  
today's Alzheimer's  
Association presentation.**

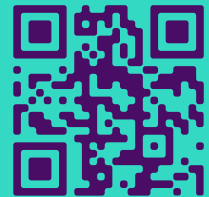
Please scan the QR code or visit  
**[www.alz.org/hello](http://www.alz.org/hello)** to record your  
attendance and let us know if  
you'd like to learn more.





# The Impact of Alzheimer's & Dementia in Our Community

[www.alz.org/hello](http://www.alz.org/hello)



## 2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



OVER **11 MILLION**  
AMERICANS PROVIDE  
**UNPAID CARE**  
FOR PEOPLE WITH ALZHEIMER'S  
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

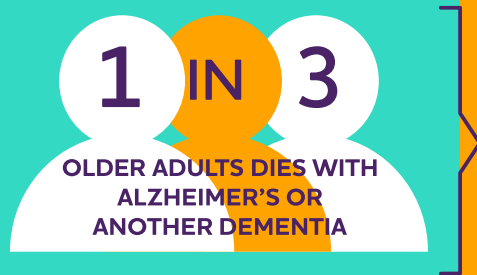
**DECREASED 2.1%**



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](https://alz.org/facts)**

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



# 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.



# DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia



Alzheimer's



Vascular



Lewy body



Frontotemporal



Other, including Huntington's



Mixed dementia:  
dementia from more than one cause

# 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 stage, memory loss is mild. But as the disease progresses, individuals will need around-the-clock care. The disease is ultimately fatal.



## 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.



# 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.

## 10 Warning Signs of Alzheimer's



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 judgement

9

Withdrawal from work or social activities

10

Changes in mood and personality



# Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.



There are a number of benefits to early detection, including the opportunity to:

- Plan for the future
- Explore treatment options
- Participate in clinical studies
- Involve the person with dementia in important discussions about decision-making and future care

# Treatments for Alzheimer's

- Current medications cannot cure Alzheimer's.
- But there are treatments that change disease progression.
- There are also drug and non-drug options that may help treat symptoms, such as memory loss and confusion.
- Treatments may be administered as a pill, patch or intravenously.
- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- Talk to your doctor to learn more about treatment options.
- You can learn more about the different treatments that are currently approved by the FDA at **[alz.org/treatments](https://www.alz.org/treatments)**.



# What Science Tells Us 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.
- Growing evidence shows that increasing healthy habits can reduce the risk of cognitive decline and possibly dementia.
- This is true even for people with a history of dementia in their families
- It is never too early or too late to start these healthy habits for your brain.

# 10 Healthy Habits for Your Brain



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



# Making a Difference in Our Community



# How We Help



## 24/7 Helpline

The Alzheimer's Association 24/7 Helpline (**800.272.3900**) is available around the clock, 365 days a year, free of charge, offering confidential support and information to people living with dementia, caregivers, families and the public.



## Free Education & Support

Find dementia and aging-related resources such as support groups that connect individuals facing dementia at **alz.org**





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

**Join today!**  
**act.alz.org**

**THE LONGEST DAY**  
ALZHEIMER'S ASSOCIATION



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**
- Find education, support and caregiving resources at **alz.org/communityresourcefinder**

*“Do things here and now, not after you’re gone. If you have some money, share it. And if you have some time, do something worthwhile.”*

- Jerome Stone, Founding President, Alzheimer’s Association



A faint, light gray world map is visible in the background of the slide, showing the outlines of continents and countries.

# **Vision:**

**A world without Alzheimer's and  
all other dementia.®**

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