



Alzheimer's Disease & Other Dementias

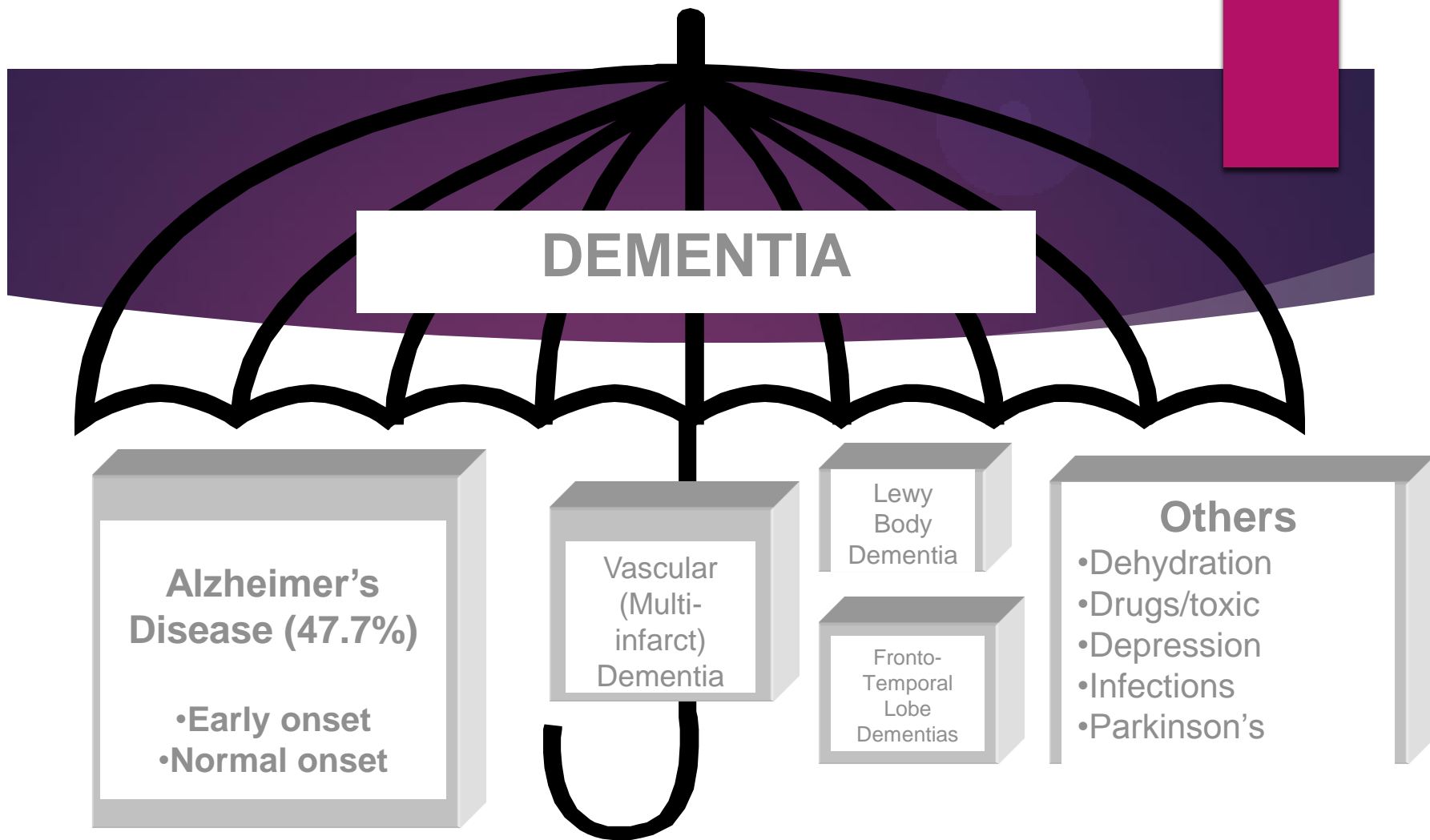
WA. State Council on Aging

Definition of Dementia

- ▶ An acquired intellectual deterioration which affects at least **two** areas of **cognitive function**.
- ▶ In the past, commonly referred to as senility or “hardening of the arteries”

Cognitive Functions

- ▶ Memory
- ▶ Orientation
- ▶ Perception
- ▶ Language
- ▶ Judgment
- ▶ Attention
- ▶ Ability to perform tasks in sequence.



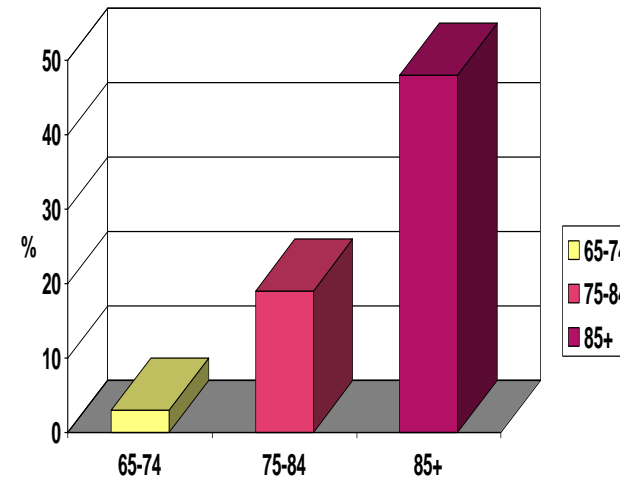
A group of illnesses, the most common of which is Alzheimer's Disease

Dementia Worldwide

- ▶ 2010: 36 million
- ▶ 2030: 66 million
- ▶ 2050: 115 million

Prevalence of AD by Age

- ▶ 5.2 million Americans (200,000 are under age 65)
- ▶ Currently every 68 seconds, an American develops Alzheimer's; by 2050 it will be one every 33 seconds
- ▶ Number is increasing expected to Triple by 2050
- ▶ Cost of Care in 2050--\$1.2 trillion
- ▶ 1 out of every 8 baby boomers is likely to develop the disease

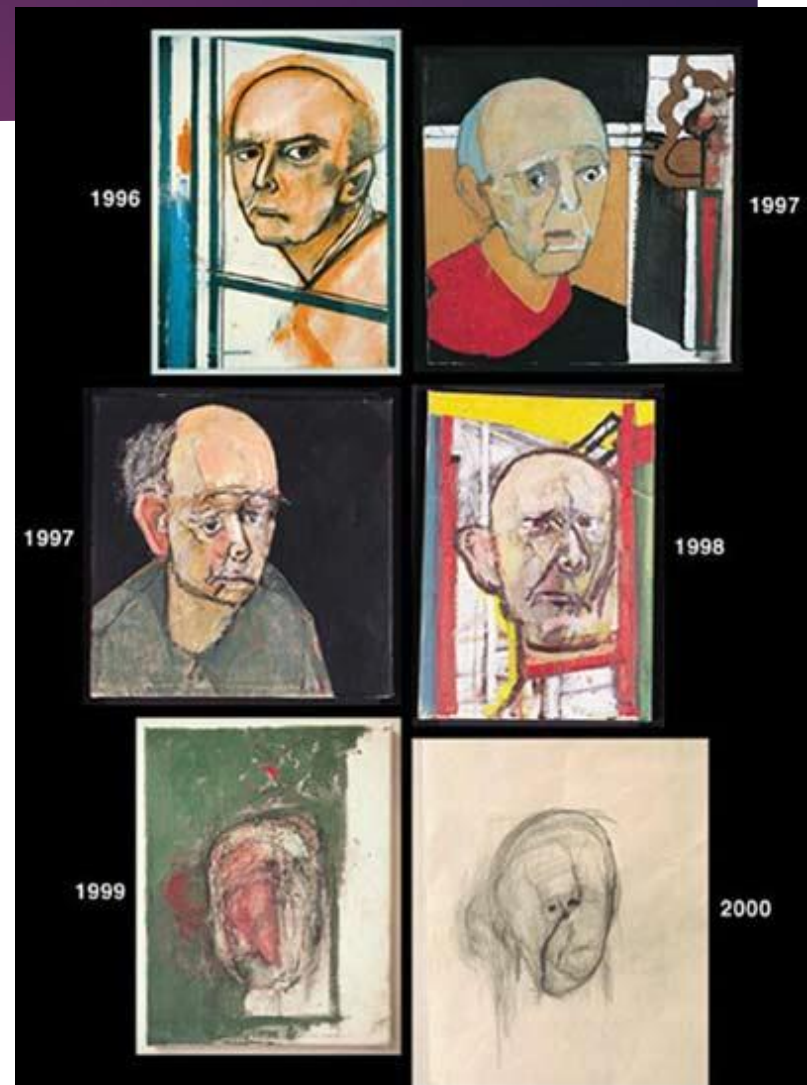


Historical Perspective

- ▶ Alzheimer's first diagnosed in 1907.
- ▶ “Hardening of the arteries” & “senility” seemed “normal”.
- ▶ Drugs & restraints: '60's – '80's.
- ▶ Nursing Homes to Home Care: '70's – '80's.
- ▶ Diagnosis of Alzheimer's on autopsy only until the '90's.
- ▶ Little could be done once diagnosed until the '90's.

Where are we NOW...

- ▶ Over 90-95% accuracy on diagnosis
- ▶ Early diagnosis - best treatment & planning
- ▶ Drugs can help delay symptoms
- ▶ Strategies to improve care & quality of life
- ▶ 70-80 known causes of 'dementia'
- ▶ Some causes are reversible



Caregiver Costs

- ▶ A new study by the AARP estimates that for the more than 40 million Americans caring for an elderly or disabled loved one, the value of their work is \$450 billion a year.
- ▶ The study finds that those who cut back work lose hundreds of thousands of dollars in income over a lifetime. Caregivers are also more prone to depression, physical ailments and social isolation.
- ▶ Recommendation: Create a community of caregivers — an old idea for a new age.

Impact on Caregivers

- ▶ Higher levels of depressive symptoms.
- ▶ Perceived burden increase as function declines.
- ▶ High levels of stress & frustration.
- ▶ Exhaustion, sleep problems.
- ▶ Women fare worse in all of these elements.
- ▶ Some evidence linking stress & abuse.
- ▶ Social/economic development impact e.g. having to leave the workforce.

Impact on Caregivers

- ▶ About 1 of 10 report “harmed health”
- ▶ Lower levels of subjective well being & health.
- ▶ Higher rates of dementia themselves.
- ▶ Increased risk of heart disease, poor wound healing.
- ▶ Physical strains.
- ▶ Lower levels of self care & preventive health behaviors.

Help for Family Caregivers

7 of 10 live at home being cared for by their families and friends

- ▶ Offer education, training and consultation
- ▶ Promote respite services; e.g.- adult day care, companion
- ▶ Offer individual and family counseling
- ▶ Encourage participation in support groups

WA State Plan to Address AD

- ▶ Includes other forms of dementia.
- ▶ Is be a framework of what public/private partners in WA State can do collectively.
- ▶ Was built on national plan & other state plans.
- ▶ Used best available information to make decisions & recommendations (information if fluid & incomplete).
- ▶ Was developed with the needs of the people with AD & their families at the forefront.

Washington State Alzheimer's Plan



- ▶ **Not a state-government only plan**
- ▶ **A strategic framework**
- ▶ **Requires engagement and support of public-private partnership**

Possible and Emerging Opportunities

Healthy Aging and Brain Health

Healthy
lifestyle

Managing
chronic
conditions

Early Detection and Quality Care

Active disease
management

Future planning

Early and
ongoing
education and
support

Home and Community Living

Family
caregiver
supports

Long-term
services and
supports

Seven Goals

- 1. Increase public awareness**
- 2. Prepare communities**
- 3. Ensure well-being and safety**
- 4. Ensure family caregiver supports**
- 5. Identify dementia early and provide evidence-based health care**
- 6. Ensure long-term supports**
- 7. Promote innovation & research**

Goals, Strategies & Recommendations

- ▶ Each goal identifies 3-9 high-level strategies
- ▶ Each strategy has specific recommended action steps
- ▶ Recommendations are phased in over time
- ▶ Suggested timeframes
 - ▶ Short-term (within 2 years)
 - ▶ Mid-term (3-4 years)
 - ▶ Longer-term (5+ years)



The Plan's Call to Action

- ▶ **Establish a next generation Alzheimer's/Dementia Advisory Group to provide guidance and oversight**
- ▶ **Collectively pursue the goals, strategies and recommendations**
- ▶ **Engage and sustain commitment from a network of public and private partners**
- ▶ **Integrate activities into broader initiatives that are addressing improved health and quality of life**
- ▶ **Identify opportunities to improve our state's response to dementia**

What can we do in 2016?

- 1. Organize a presentation in your community about dementia/Alzheimer's Disease e.g., 10 Warning Signs of Alzheimer's (be a volunteer!)**
- 2. Organize a presentation on Brain Health**
- 3. Promote dementia awareness as part of an advocacy agenda**
- 4. Participate in advocacy activities around dementia and/or the State Plan to Address Alzheimer's Disease (e.g. support passage of joint resolution by legislators)**
- 5. Provide leadership or support for social engagement activities for people with dementia & families e.g., Alzheimer's/Memory Cafes, dementia-friendly recreation**