

Alzheimer's Awareness

Ginger Gagne, Program Manager **Serving:** Athens, Hocking, Meigs, Monroe, Morgan, Muskingum, Noble, Perry & Washington Counties.

Something to consider just for OHIO –

- 220,000 people aged 65 and older are living with Alzheimer's.
- 9.1% of people aged 45 and older have subjective cognitive decline.
- 493,000 family caregivers bear the burden of the disease.
- 736 million hours of unpaid care provided by Alzheimer's caregivers.
- \$13.4 billion is the value of the unpaid care.
- \$2.5 billion is the cost of Alzheimer's to the state Medicaid program.

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Dementia is not a single disease; it's an overall term — like heart disease — that covers a wide range of specific medical conditions, including Alzheimer's disease. Disorders grouped under the general term "dementia" are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function.

Alzheimer's disease accounts for 60-80% of cases. Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage in the brain, is the second most common cause of dementia. Those who experience the brain changes of multiple types of dementia simultaneously have mixed dementia. There are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Often dementia will start out slowly and gradually get worse. So, it's really important for those having symptoms to see their doctor immediately. And also get connected to help and support to answer questions and guide families through this diagnosis.

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.
 - Contact Alicia Billman – Abillman@alz.org to register for the WALK or go [HERE](#)
- Host an educational program or community listening session – [Connect with a local Manager](#)
- 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 www.alz.org
- Find education, support, and caregiving resources at communityresourcefinder.org