

# Understanding Alzheimer's and Dementia

ALZHEIMER'S  ASSOCIATION®



# Understanding Alzheimer's and Dementia



## Learning Objectives

- Compare Alzheimer's and dementia.
- Recognize how Alzheimer's disease affects the brain.
- List the risk factors of Alzheimer's disease.
- Identify the stages of the disease.
- Describe how scientists are working to advance research.



# Impact of Alzheimer's



## 10 COMMON SIGNS OF CAREGIVER STRESS

1. **Denial** about the disease and its effect on the person who has been diagnosed.  
*I know Mom is going to get better.*
2. **Anger** at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.  
*He knows how to get dressed — he's just being stubborn.*
3. **Social withdrawal** from friends and activities that used to make you feel good.  
*I don't care about visiting with the neighbors anymore.*
4. **Anxiety** about the future and facing another day.  
*What happens when he needs more care than I can provide?*
5. **Depression** that breaks your spirit and affects your ability to cope.  
*I just don't care anymore.*
6. **Exhaustion** that makes it nearly impossible to do the necessary daily tasks.  
*I'm so tired I can't even remember his name.*

### ALZ.ORG/CARE

The Alzheimer's and Caregiver Center provides reliable information and easy-to-use resources, including:

- Alzheimer's Navigator™ - Assess your needs and create customized action plans of education and support.
- Community Resource Finder - Find local services.
- ALZConnect™ - Connect with other caregivers who can relate to your situation.
- Care Team Calendar - Organize family and friends who want to help with caregiving.

### ALZ.ORG/FINDUS

Find us in communities across the country

**1-800-272-3900**

24/7 helpline - Available at all hours (11/15/2018 4:55:20 PM)

### alzheimer's association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. We are committed to eliminating Alzheimer's disease through support of research, to provide and enhance services for all affected, and to reduce the risk of Alzheimer's disease through the promotion of brain health.

"A world without Alzheimer's disease."

272.3900 | alz.org

### alzheimer's association

## TAKE CARE OF YOURSELF

#### HOW TO RECOGNIZE AND MANAGE CAREGIVER STRESS



Test your knowledge





**Approximately how many Americans are currently living with Alzheimer's?**

**Over 3 million**

**More than 6 million**

**About 8 million**

**About 11 million**



**MORE THAN 6 MILLION  
AMERICANS ARE LIVING WITH  
ALZHEIMER'S**

Approximately how many Americans are currently living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million



**About how many Americans provide unpaid care for people living with Alzheimer's or other dementias?**

**About 8 million**

**Over 11 million**

**Over 14 million**

**More than 18 million**



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

**About how many Americans provide unpaid care for people living with Alzheimer's or other dementias?**

**About 8 million**

**Over 11 million**

**Over 14 million**

**More than 18 million**



Know the facts





Know the facts



# Alzheimer's and Dementia



Test your knowledge



A photograph of two elderly men sitting on a porch. The man on the left is holding and reading a newspaper. The man on the right is wearing glasses and looking towards the first man. The background shows a house with blue siding and a window. The image is semi-transparent, allowing the text to be overlaid.

**Alzheimer's is a normal part of the aging process.**

**True**

**False**

A photograph of two elderly men sitting on a porch. The man on the left is wearing a dark sweater and is holding and reading a newspaper. The man on the right is wearing glasses and a dark jacket, looking towards the first man. The background shows a house with grey siding and a window. The image is semi-transparent, allowing text to be overlaid.

**Alzheimer's is a normal part of the aging process.**

**True**

**False**

Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. It is not a normal part of aging.

A young woman with long dark hair, wearing a blue top, is sitting on a wooden bench and hugging an elderly woman from behind. The elderly woman has short brown hair and is wearing a pink jacket over a black top with a red and white floral pattern. They are outdoors in a grassy area. The image is semi-transparent, allowing the text to be overlaid.

**People younger than age 65 can get Alzheimer's.**

**True**

**False**

A young woman with long dark hair is sitting on a wooden park bench, hugging an elderly woman from behind. The elderly woman has short, wavy brown hair and is wearing a red jacket over a black top with a colorful floral pattern. The background is a soft-focus green field. The text "People younger than age 65 can get Alzheimer's." is overlaid in the center of the image.

**People younger than age 65 can get Alzheimer's.**

**True**

**False**

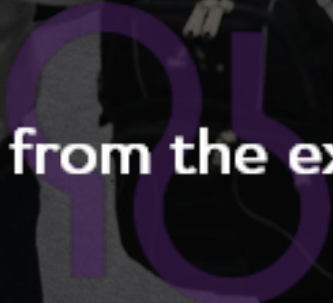
Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. It is not a normal part of aging.





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Hear from the expert



Heather Snyder, Ph.D.  
Alzheimer's Association

Why is an accurate diagnosis important?





**Gail W.**

Care partner

## Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.



## Alzheimer's in the Brain



Hear from the expert



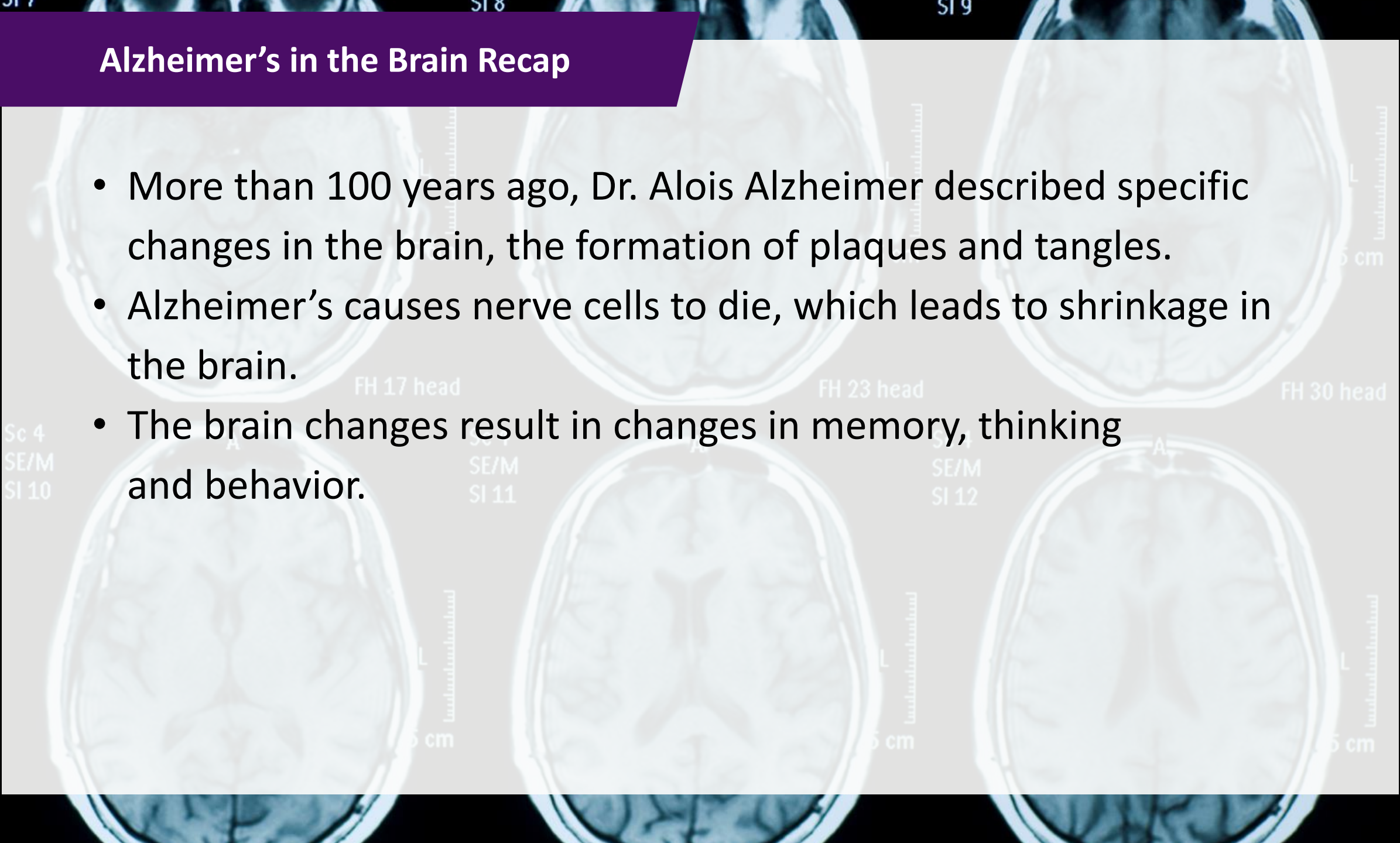


**Dr. Maria Carrillo**  
Alzheimer's Association



## Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.





## Risk Factors



Test your knowledge





**What is the greatest known risk factor for Alzheimer's disease?**

**Genetics**

**Family history**

**Age**

## Age

Although Alzheimer's is not part of normal aging, age is the greatest risk factor for the disease. After age 65, the risk of Alzheimer's doubles every five years. Thirty-four percent of people 85 and older have Alzheimer's.

What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age



Hear from the expert





**Heather Snyder, Ph.D.**  
Alzheimer's Association



## 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.



## Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Black Americans, Hispanic Americans and women are at an increased risk for Alzheimer's.



## Stages of Alzheimer's Disease

# Living with Dementia



Theresa M.  
Living with Alzheimer's

**Facing the frustration**



Phil G.  
Living with Alzheimer's

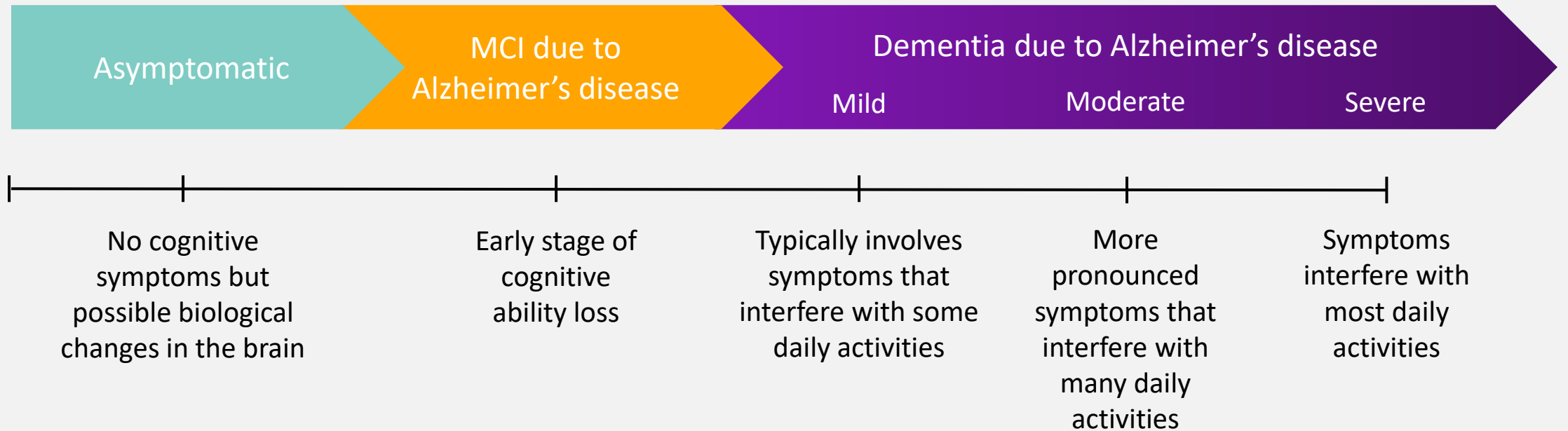
**Losing the words**



Tom D.  
Living with dementia with Lewy bodies

**Living for today**

# Alzheimer's disease is a continuum



## Stages of Alzheimer's Disease Recap

- The three broad phases of the disease are asymptomatic, MCI due to Alzheimer's disease, and dementia due to Alzheimer's disease.
- The dementia phase is further broken down into three stages — mild, moderate and severe.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.



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**800.272.3900 | [alz.org](http://alz.org)®**

**Questions?**