Expand Your Reach
Through Online Resources for Alzheimer's Families
Facts and Figures

THE NUMBERS ARE RISING
Alzheimer’s is an epidemic in America

Currently, there is no way to prevent, cure or slow the progression of Alzheimer’s.

Each year, the disease kills more Americans than breast cancer and prostate cancer combined.
Alzheimer’s is an epidemic in America

By 2050...

16,000,000 people will be living with Alzheimer’s in the U.S.—triple the number of people today.

Someone in the U.S. will develop the disease every 00:33 SECONDS.
Caregiver statistics

Proportion of Caregivers of People with Alzheimer’s and Other Dementias vs. Caregivers of Other Older People Who Provide Help with Specific Activities of Daily Living, United States, 2009

<table>
<thead>
<tr>
<th>Activity</th>
<th>Caregivers of people with Alzheimer’s and other dementias</th>
<th>Caregivers of other older people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting in and out of bed</td>
<td>54%</td>
<td>42%</td>
</tr>
<tr>
<td>Dressing</td>
<td>40%</td>
<td>31%</td>
</tr>
<tr>
<td>Getting to and from the toilet</td>
<td>32%</td>
<td>26%</td>
</tr>
<tr>
<td>Bathing</td>
<td>31%</td>
<td>23%</td>
</tr>
<tr>
<td>Managing incontinence and diapers</td>
<td>31%</td>
<td>16%</td>
</tr>
<tr>
<td>Feeding</td>
<td>31%</td>
<td>14%</td>
</tr>
</tbody>
</table>
Caregiver statistics

**Proportion of Alzheimer’s and Dementia Caregivers Who Report High or Very High Emotional and Physical Stress Due to Caregiving**

- **Emotional stress of caregiving**
  - High to very high: 61%
  - Not high to somewhat high: 39%

- **Physical stress of caregiving**
  - High to very high: 43%
  - Not high to somewhat high: 57%
Alzheimer’s affects the workplace

- 44% of caregivers are employed full or part time.
- 65% of employed caregivers reported having to work late, leave early or take time off due to caregiver demands.
The cost keeps growing

In 2012, Alzheimer’s and other dementias are projected to cost the nation $200 BILLION
Objectives

1. Describe the variety and benefits of online resource options for people with Alzheimer’s and their caregivers

2. Discuss access and ease of use for underserved populations, including rural and homebound constituents

3. Explain the capacity and scalability benefits of online resources

4. Identify online resources to provide education, peer support, local resources, self-assessment and caregiver tools
Alzheimer’s issues

- Information and support needs change throughout disease course
- Local resources are often limited
- Accessing them may be complicated
- In-home care can be all-consuming
- Distance and transportation issues
Early stage

- Issues:
  - Adjusting to the diagnosis
  - Disclosure to family and friends
  - Work disclosure and options

- Needs:
  - Planning for future (legal, financial, care)
  - Information
  - Support
Middle stage

- **Issues:**
  - Communication and behavior challenges
  - Relationship dynamics
  - Safety concerns
  - Caregiver stress/fatigue

- **Needs:**
  - Balancing needs for assistance, safety and autonomy
  - Connection and emotional support
  - Respite
Late stage

- Issues:
  - Profound loss of memory and function
  - Reduced capacity for communication
  - Possible behavior issues
  - Caregiver stress/fatigue

- Needs:
  - Higher level of care needed, eventually around the clock
  - Safe surroundings, medical oversight
  - Connection and emotional support
  - Palliative care and hospice
Caregiver Center

Resources for:
- Personal care
- Medical care
- Behaviors
- Safety issues
- Care options
- Legal and financial planning
ALZConnected

- Active social networking community
- For people w/ Alzheimer’s & their families
- Public and private groups
- 40K visits/month
- Discuss unique challenges
- Message boards
- Peer support
Alzheimer’s Navigator

- Personalized surveys to help navigate care needs
- Create customized action plan
- Link to information, support and local resources

Alzheimer’s disease creates questions. We can guide you to answers.
alzheimersnavigator.org

Alzheimer’s Navigator

Alzheimer’s disease isn’t straightforward. But your action plan can be.

Planning for the future can empower you to positively impact your overall quality of life. The new Alzheimer’s Association Alzheimer’s Navigator™ online assessment program helps you, whether you’re living with dementia or caring for someone who is, create a customized action plan to proactively face this disease.

Map out your plan to approach Alzheimer’s:

- Complete the Welcome Survey to identify your specific disease-related needs and interests. The results will determine additional topic-specific surveys to help guide the creation of your customized action plan.
- Receive a customized, easy-to-use action plan that will give you step-by-step guidance in improving either your disease management or caregiving.
- Implement your action plan with help from local resources located one click away via our Community Resource Finder or communityresourcefinder.org.
- Create a care team that can include family members, friends, physicians or whomever you wish to keep up-to-date on your action plan.

alz.org | 800.272.3900

Start planning today at alzheimersnavigator.org.
Alzheimer’s Care Team Calendar

- Post items for which assistance is needed
- Friends and family sign up for specific tasks
- 10,275 volunteers are lending a helping hand to families coping with Alzheimer's in more than 3,078 communities
Community Resource Finder

• Access comprehensive listings of resources, community programs and services
• Search by category and proximity
• Sort by specific needs and preferences
• Create a list of the resources you need near you
E-Learning Courses

- **Know the 10 Signs: Early Detection Matters**
- **The Basics: Memory Loss, Dementia and Alzheimer’s Disease**
- **Legal and Financial Planning for Alzheimer’s Disease**
- **Living with Alzheimer’s for People with Alzheimer’s**
- **Living with Alzheimer’s for Caregivers (Early, Middle and Late Stages)**
- **Living with Alzheimer’s for Younger-Onset Alzheimer’s**

- Take all our core family education programs online
- Any time
- At your conveniences
Spanish and Asian portals

Information and brochures available in multiple languages
Dementia and Driving Resource Center
Caregiver online training
Virtual Library

- Nation’s largest library devoted to Alzheimer’s disease
- Fast librarian assistance through chat, email or phone
- Quick access to info through resource lists, catalog and links
National Alzheimer’s 24/7 Helpline

• 1 national 800#
• National Contact Center partners with 65 chapters
• 24,000 calls/month
• Calls taken by:
  • General information specialists
  • Masters prepared Care Consultants
A first-of-its-kind, free, confidential, online and phone-based tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer’s and related dementias.
Find a clinical trial

Search online:  

Or call us:  
1-800-272-3900  
7 a.m.-7 p.m. CT Monday-Friday

About Alzheimer's Association TrialMatch™

- Overview
- Importance of clinical trials
- Where do trial listings come from?
- How TrialMatch works
- How to include a trial or trial-site

MAKE A DONATION
How TrialMatch® Works

1) Individual completes a profile online or over the phone

2) Database takes the information in the profile, compares it to the match criteria housed in the database and presents a list of potential match trials

3) Individual selects trials most interested and connect with a TrialMatch Coordinator to get the contact information for the trial site.

4) Over the following weeks and months, TrialMatch Coordinators follow up with constituents to assist with challenges or questions that come up and to track outcomes.
Contact us. We’re here to help

24/7 Helpline 800-272-3900

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our vision

A WORLD WITHOUT ALZHEIMER’S

alzheimer's association