

The Impact of Alzheimer's and Dementia in Our Community

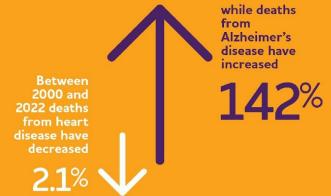


2025
ALZHEIMER'S
DISEASE
FACTS AND
FIGURES



1 IN 3 older adults dies with Alzheimer's or another dementia







IT KILLS MORE THAN

breast cancer



prostate cancer

COMBINED

By 2050,

these costs

could rise

In 2025, Alzheimer's and other dementias will cost the nation

\$384 BILLION

to nearly \$**1** TRILLION

The lifetime risk for Alzheimer's at age 45 is

1 N

10

for women

for men



NEARLY 12 MILLION

Americans provide unpaid care for people with Alzheimer's or other dementias These caregivers provided more than 19 billion hours valued at nearly

\$**413**BILLION



UP TO 4 IN **5**

Americans feel optimistic about new Alzheimer's treatments in the next decade





of Americans would want a medication to slow the progression of Alzheimer's following a diagnosis

Over 7 MALON Americans are living with Alzheimer's

About the Alzheimer's Association

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.

Our vision is a world without Alzheimer's and all other dementia[®].



10-Year Vision

In 2023, the Alzheimer's Association undertook a collaborative, organization-wide process to create a new 10-year vision to guide our shared work for the 10-year period to begin on July 1, 2025. This collaborative effort was an opportunity to think boldly and consider a long-term time horizon for our impact.

This 10-year vision will guide the Association's strategic priorities and plans over the next decade. It was developed by a steering committee of Association board members and senior staff, with input from staff and volunteers from stakeholders across the Association, close friends and supporters, and those who understand the realities of the broader landscape.

The Alzheimer's Association will continue to lead breakthrough research and a new era of quality care for those impacted by Alzheimer's and all other dementia, so that all communities are included as we drive closer toward cures.

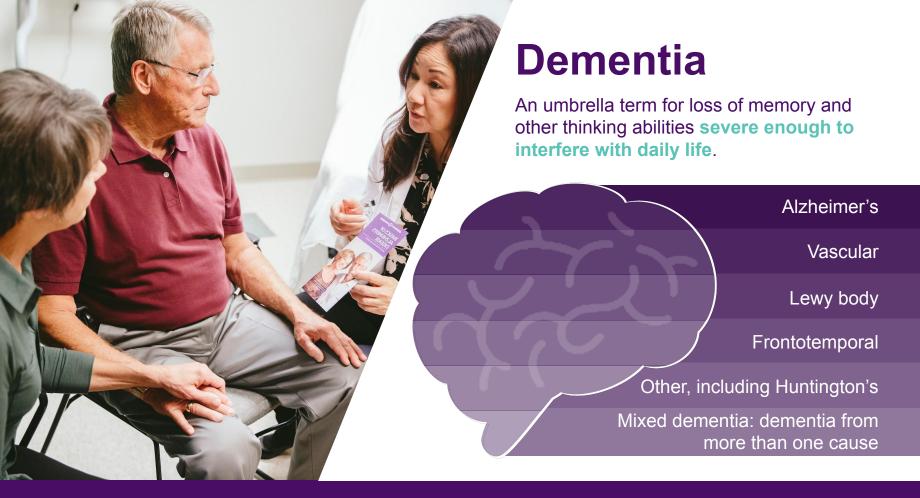
10-Year Vision

The Association is differentially positioned to advance this vision through four cross-cutting levers of change:

- -Activate individuals and communities
- -Accelerate research, translation, and implementation
- -Enable communities and systems to deliver quality and equitable care
- -Foster collaboration and understanding

In the next decade we will see:

- -Individuals across all communities routinely take action to promote brain health, reduce risk, and prevent dementia
- -Widespread screening, diagnosis, quality care, and effective treatments for all stages of disease are accessible to everyone
- -Clinical symptoms can be slowed, stopped, and even prevented



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.



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 judgment
- 9. Withdrawal from work or social activities
- 10. Changes in mood and personality

Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at alz.org/treatments.



New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments work in varying degrees and are not effective for everyone.







BOLD Public Health Center of Excellence on Dementia Risk Reduction



 Intended to provide state, local, and tribal public health agencies with tools and resources necessary to act in the community

Updated Modifiable Risk Factors Science Summaries

- 12 modifiable risk factors are summarized based on current scientific evidence.
- 8 of the 12 align with the "10 Healthy Habits for Your Brain."
- Each summary includes background and evidence, implications for public health, and the role of social determinants of health.
- Topics include hypertension, diabetes/obesity, exercise, education, traumatic brain injury, sleep, depression.
- Available at alz org/riskreduction





Modifiable risk factors

The science on dementia risk reduction is quickly evolving, and the evidence showing a link between certain behaviors/conditions and cognitive health/dementia is growing stronger. The most notable healthier behaviors that can reduce the risk of cognitive decline and oossibly dementia include:

- · Being physically active.
- · Quitting or never starting smoking.
- Being heart-healthy, which includes managing midlife high blood pressure and avoiding and managing diabetes and midlife obesity.

The following are short summaries on the current state of the evidence on a variety of possible risk factors, including the implications for public health:



For More Information

To connect with us: **Sign up for the Public Health eNews**



Hear about our new toolkits, Public Health Curriculum, SDOH science summaries and infographics, modifiable risk factor videos, and programs.



alz.org/riskreduction

For resources and to watch videos from researchers on risk factors

Email us:

CenterOfExcellence@alz.org

Currently, these risk factors have the strongest levels of evidence.

There may be other risks to brain health but the current body of science is lower or unclear. Exciting research is exploring many topics, including hearing and vision loss, stress, air pollution.

Learn more alz.org/healthyhabits

An Aging Workforce



19% Roughly, one-fifth

of U.S. workers today are 65 years of age or older, a figure that's nearly double the 1987 rate.



For every 100 people diagnosed with dementia,

five to 10 are younger than 65 and are therefore considered "younger-onset."





For every 100,000 workers aged 30 to 64, 119 develop younger-onset dementia,

translating to: 3.9 million cases worldwide.

Caregivers in the Workforce



Over 11 million

Americans provide unpaid care for people living with Alzheimer's or other dementias.

6 in 10

caregivers were employed in the past year.



These individuals worked an average of

35 hours

per week while caregiving.

18% of caregivers went from full-time to part-time or cut back hours.



Nine percent of caregivers gave up working entirely.

Balancing Work, Life, and Dementia

- » Familiarize yourself with your employer's health, disability, and leave benefits, including options like FMLA, short-term disability, and flexible work arrangements
- » Communicate openly with your manager about your needs and request reasonable accommodations under the ADA, such as adjusted duties or schedules
- » Take advantage of confidential counseling, caregiving referrals, legal aid, and financial planning through your Employee Assistance Programs



I'll never forget the moment, minutes before my first board meeting as a new CEO when my mom, who was living with Lewy Body Dementia, called me sobbing. She was convinced my son had died in a plane crash. Her fear was so real, so raw. I had to steady my voice, reassure her, and somehow shift gears to lead a room full of board members. I made it through, but only because I knew I wasn't alone. My colleagues understood. They supported me.

In that moment, that meant everything."



REPROPERTY ALZPro

Your comprehensive hub for professional resources, including current research, clinical guidelines, continuing education and implementation tools.

alz.org/ALZPro.







PUASSOCIATION | ALZPro

Your comprehensive hub for professional resources, including:







Implementation tools

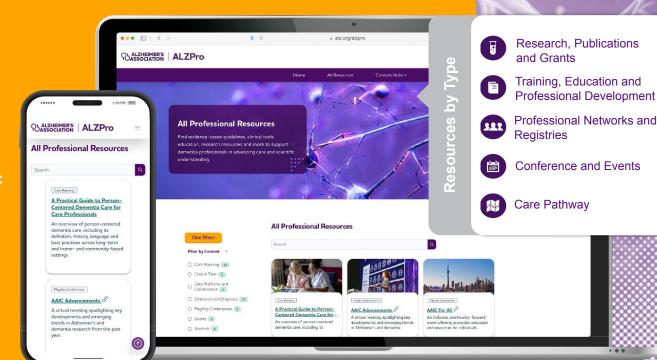
Visit alz.org/ALZPro



RUBER'S ALZPro

Clinical tools and scientific resources designed to accelerate discovery and improve care.

Visit alz.org/ALZPro



NASSOCIATION | ALZPro

Streamlined access. Empowering impact.

Clinical tools and scientific resources designed to accelerate discovery and improve care.

Visit alz.org/ALZPro



REPROPERTY ALZPro

Optimize Dementia Care

Practical, evidence-informed tools for every step of the **Care Pathway**.



Risk Reduction

Promote brain health, assess risk, support early detection



Detection and Diagnosis

Support early, accurate diagnosis and clinical staging



Treatment

Support therapy readiness, shared decision-making, and treatment navigation



Care Planning

Guide person-centered care planning and support for people living with dementia

Upcoming ECHO Series

Alzheimer's and Dementia Care ECHO Program for Primary Care

- **Dates:** October 9, 2025 March 19, 2026
- Day/time: Every Other Thursday, 12-1 pm CT via Zoom
- Who: Primary Care

Please contact Rachel to learn more or register (rbgoldberger@alz.org)

Alzheimer's and Dementia Care ECHO Program For Care Navigation

- Dates: October 10, 2025 December 19, 2025
- Day/time: Every Other Friday, 11 am-12 pm CT via Zoom
- **Who:** Social workers, nurses, CHWs, and others who guide individuals and families through the complex journey of dementia care.

Please contact Rachel to learn more or register (rbgoldberger@alz.org)





Comprehensive Training and Certification - Combined













Key Benefits



Convenient learning through 3-hour, self-paced, online curriculum



Practical and comprehensive training based on the Alzheimer's Association Dementia Care Practice Recommendations



Individual recognition of knowledge through essentiALZ certification and CE credit

Now Available in Spanish!

alz.org/essentiALZ

Alzheimer's & Dementia Help & Support Research Get Involved Local Resources Search Q

PATHWAYS TO DEMENTIA CARE TRAINING AND CERTIFICATION

essentiALZ® — Alzheimer's Association Training and Certification

essentiALZ training and certification, developed with <u>evidence</u> from the <u>Dementia</u>

<u>Care Practice Recommendations</u>, educates professional care providers on current evidence-based, person-centered practices to care for individuals living with dementia.

▶ See Purchase Options





Support, guidance and connection for newly diagnosed people and care partners – all in one app



Free mobile app for newly diagnosed individuals and care partners



Provides personalized guidance, trusted resources and local connections



Helps users understand their diagnosis, stay independent and plan for the future



Connects users to their local Alzheimer's Association chapter for programs and support



Built with input from people living with dementia and care partners

24/7 Helpline

- Free Service
- Available around the clock, 365 days a year
- Helpline specialists and master's level clinicians offer confidential support and information
- Bilingual staff and translation service in over 200 languages
- Live Chat available
- TTY Service 866.403.3073



24/7 Helpline **800.272.3900**

alzheimer's PS association®



ALZConnected®

www.alzconnected.org

ALZConnected® is a free online community for everyone affected by Alzheimer's or another dementia, including:

- People living with the disease
- Caregivers
- Family members
- Friends
- Individuals who have lost someone to Alzheimer's or another dementia









"Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me."

View Message Boards from others like you

Caregivers Forum

Moving Advice

My mom was recently diagnosed with mild-moderate Alzheimer's disease and was started on Aricept. We have convinced her to move into an independent living facility. As you can imagine she initially agreed and now does not want to go.

Tell me I'm not alone

Hi. I just stumbled upon this discussion board tonight and thought it would be a great way to help cope with my mother's recent diagnosis of early onset Alzheimer's.

If I hear...one more time.

Just this morning I saw this on Facebook "People will never truly understand something until it happens to them". After I read that, I came on the Message Board to get my strength for the day and saw this post. Just when I think I have come to the end of my rope, something or someone gives me just enough to keep going until I can right myself. Thank you everyone for your unseen, non judgmental and loving support.?

I have Alzheimers

Screening

I pestered the Neuro office and they at least told me that I won't be scheduled for another screening until late fall/early winter. I understand this can be good - maybe the forgetfulness, etc. was due to another cause and it could work itself out by that time.

Early-onset Alzheimer's Disease

I am new to this site, however I just recently started a blog about Early-onset Alzheimer's, as my mother was diagnosed a couple years ago at age 52.

Parent as Caregiver

I'm wondering if anyone knows of a situation where an elderly parent is caring for an adult child with Alzheimer's. and how their experience differs from many of us in the opposite situation.

Alzheimer's Navigator®

www.alzheimersnavigator.org

Alzheimer's Navigator is a free online tool that helps guide caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

ALZHEIMER'S navigator' alzheimer's \(\) association'

What do you want to know?

Choose one of these topics to develop a personalized action plan.



Working with Your Doctor



Symptoms



Safety



Legal Planning



Knowledge



Financial Planning



Driving



Caregiver Support



Care Options



Daily Living

Community Resource Finder

www.communityresourcefinder.org

Get easy access to resources, community programs and services.

Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.













Dementia Care Navigation Service

POWERED BY



PLASSOCIATION

What families have told us about their experience after receiving a diagnosis

Commonly told after diagnosis

"Go home and put your affairs in order"

"Nothing we can do for you.

Come back in 6 months

to a year"

What steps taken post diagnosis

"I searched the internet and was overwhelmed"

"I don't know what to do next"

"How will I handle all of this alone"

Too many times we hear

"I wish I had someone to help me every step of the way"

"I wish I knew about the Alzheimer's Association"



2024 Facts &
Figures Special
Report validated
the need for
dementia care
navigation



Dementia Care Navigation is a program that provides tailored, strengths-based support to persons living with dementia and their care partners across the illness continuum and settings to mitigate the impact of dementia through collaborative problem solving and coaching.

Seven in 10 dementia caregivers (70%) report that coordinating care is stressful

Two in 3 dementia caregivers (66%) also have difficulty finding resources and support for their own needs

More than half of caregivers (53%) said navigating health care is difficult

The vast majority of dementia caregivers – 97% – say having navigation support would be helpful





SHAPING THE FUTURE OF DEMENTIA CARE NAVIGATION

Comprehensive Care for Alzheimer's Act

Guiding an Improved Dementia Experience (**GUIDE**): Requirements

<u>Dementia Care Navigation</u>
<u>Guiding Principles and Planning Tips</u>



Caring for an individual living with Alzheimer's or another dementia poses unique challenges.

- More than 9 in 10 Medicare beneficiaries with Alzheimer's disease or other dementia have at least one other chronic condition, the managemen of which is made more complicated by dementia.
- Individuals with dementia rely heavily on family members to provide a large amount of care, which is often intrusive and exhausting.
- Too often, those with Alzheimer's and their caregivers are forced to fend for themselves in the complicated maze of the health care and social support systems.

Dementia care management can ease these challenges, improving quality of care and reducing costs.

- Dementia care management enables individuals to more seamlessly navigate health care and social support systems and to obtain more timely access to care.
- Elements of the care model include care coordination and navigation, management of chronic conditions, and caregiver education and support.
- An economic analysis found that better care through dementia care management would save the federal government nearly \$21 billion over 10 years — while also improving the quality of life for individuals living with dementia and their families.

However, a change in the payment structure is necessary to enable dementia care management.

- Under the current system, many practices cannot afford the upfront costs of developing, implementing, and sustaining a dementia care management program.
- Instead of paying a fee for each specific service providers should receive an annual per-patient payment for all services provided under the program, including important services not otherwise reimbursed by Medicare.
- This structure would allow dementia care management programs to be financially feasible for health care providers and practices, especially for smaller practices, rural practices, and inner-city community health centers.

The Comprehensive Care for Alzheimer's Act would ask the Center for Medicare and Medicaid innovation (CMMI) to test a better payment structure for dementia care management. This model would:

- Provide services such as the development of a dementia care plan, care coordination and navigation, and caregiver education and support
- Ensure patients have access to an interdisciplinary team of providers with dementia care expertise.
- Reimburse providers through a capitated payment and an incentive payment based on performance.



24/7 access to support service



Care coordination & transitional care management
Caregiver education and



support Care planning



Comprehensive assessment and home



visit Medication management and



reconciliation



Ongoing monitoring and support of the program



Referral and coordinatio services & support





Respite services

Dementia Care Navigation Service POWERED BY rippi | NALZHEIMER'S

Our Anchor Systems





Over 2,000 Healthcare Providers have made referrals to the Dementia Care Navigation Service

AAIC 2025 by the Numbers



In Person

>8.300

Virtual

>3.400

AAIC for All Attendees >8,400



41%
First-time

>23%
Attendees under the



148
Scientific Sessions

737
Podium Presentations



6,419
Abstracts
submitted

308
Exhibit Hall Booths



3,740In-Person Posters

Virtual Poster Presentations



News You Can Use











Risk Reduction and Healthy Habits

- Lead Pollution Linked To Memory Problems In Older Adults
- Walking, Lifestyle Changes May Slow Cognitive Decline in APOE4 Carriers
- US POINTER Results

Early Detection and Diagnosis

Clinical Practice Guidelines – Blood-Based Biomarkers and Cognition

Treatment

- Combination of Common Cardiovascular Drugs May Protect the Brain
- Studies Provide First Real-World Results for Anti-Amyloid Alzheimer's Drugs



UPDATE:

The U.S. Food and Drug Administration (FDA) has cleared the first blood test to aid in diagnosis of Alzheimer's disease.

Detecting Alzheimer's with a Blood Test

Some blood tests for Alzheimer's may revolutionize the accuracy of diagnosis.



Simpler, less-invasive tests will greatly support recruiting for clinical trials and may provide a quicker path to treatment.



THE U.S. POINTER BRAIN HEALTH RECIPE*

PHYSICAL EXERCISE

30–35 minutes of moderate-to-intense aerobic activity four times a week, plus strength and flexibility exercises twice a week.

COGNITIVE EXERCISE

Computer-based brain training program three times a week for 30 minutes, plus regular engagement in other intellectually challenging and social activities.





HEALTH MONITORING

Regular check-ins on blood pressure, weight and lab results.

NUTRITION

Adherence to the MIND diet, which emphasizes dark leafy greens, berries, nuts, whole grains, olive oil and fish, and limits sugar and unhealthy fats.

*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.



THE POINT OF POINTER

To understand whether lifestyle interventions can protect brain health and reduce risk of dementia in a large, diverse population of older adults in the United States—and whether varying levels of structure and support lead to different outcomes







5 Sites Across the United

U.S. POINTER LOCATIONS

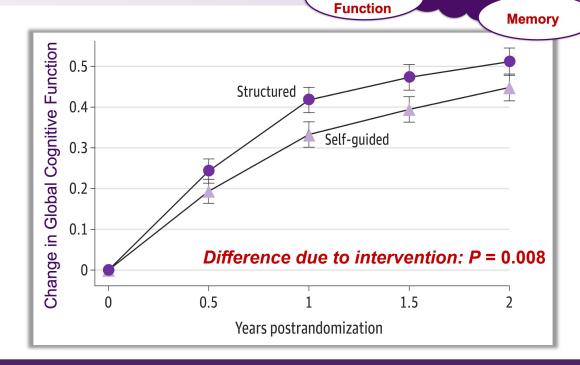




Processing Speed

KEY TAKEAWAYS

- 1. Cognitive function improved over time for BOTH groups
- 2. The Structured intervention had a significantly greater benefit



Find more information on the AAIC25 News Highlights

alz.org/news



Sunday, July 27

- · Decades-Old Lead Pollution Linked to Memory Problems in Older Adults, Study Finds | en español
- · Ten Researchers Honored at Alzheimer's Association International Conference
- Fred and Barbara Erb Family Foundation Honored for Philanthropic Leadership in Alzheimer's Research

Monday, July 28

<u>U.S. Pointer Study Shows Structured Lifestyle Program Targeting Multiple Risk Factors Improves Cognition in Older Adults at Risk of Cognitive Decline</u>

Tuesday, July 29

Alzheimer's Association Releases Its First Clinical Practice Guideline for Blood-Based Biomarker Tests

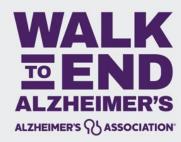
Wednesday, July 30

SNAP Benefits Linked to Slower Cognitive Decline, 10-Year Study Finds | en español

Thursday, July 31

Research Advances from the 2025 Alzheimer's Association International Conference





Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. alz.org/walk



Do What You Love to End ALZ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

There's no limit to what you can do!

From hiking, golfing, gaming, or crafting, to playing pickleball or bridge, hosting a cookout or purple party — choose your passion, add the power of your community, and get started.

DO WHAT YOU LEVE TO END ALZ

ALZHEIMER'S \ ASSOCIATION°

alz.org/dowhatyoulove



Health Systems Team

Kathy Hansen: AK, ID, OR, WA

Cheryl Brunk: HI, NV, Northern CA & Central CA

Bekah Stentz: Southern CA

Danelle Hubbard: AZ, CO, MT, NM, UT, WY, NE, SD, MN-ND

Erica Forrest: AR, KS, MO, OK, AL, LA, MS, TN

Rea Anne Arcangel: Area West Lead

Elise Passy: TX

Terrianne Reynolds: IL, IN, KY, IA, WI

Amy Boehm: MI, Area East Lead

Patti Hahn: OH

Liz McCarthy: CT, MA, ME, NH, RI, VT

Doris Phildor: NY

Lauri McCoy: Upstate NY Open Position: NJ, PA

Karen Fagan: MD, VA, District of Columbia, DE, WV

Lori Balog: GA, NC, SC
Michelle Stemler: FL



USI and **Alz** Assoc Partnership Goals

- Provide virtual education to Deaconess Clinic sites on ADRD clinical guidelines, to include Alzheimer's Association's new ALZ Pro https://pro.alz.org/ to include ADRD clinical guidelines, toolkits, resources, education (EssentiALZ and Project ECHO) & information for healthcare professionals.
- Host special educational virtual forum for Directors of Nursing from AIM member nursing homes on Alzheimer's Association's new ALZ Pro https://pro.alz.org/ to include ADRD clinical guidelines, toolkits, resources, education (EssentiALZ and Project ECHO) and information for healthcare professionals.
- Host two Deaconess Clinic one-hour lunch and learns to include Alzheimer's
 Association's new ALZ Pro https://pro.alz.org/ to include ADRD clinical guidelines,
 toolkits, resources, education and information for healthcare professionals. (Winter
 and Spring 2026).

USI and **Alz** Assoc Partnership Goals

- Provide non-clinical ADRD education to HFAs, RCAs and other attendees of 1 Spring 2026 AIM Consortium meeting, to include sharing of care and support resources for families and caregiver and highlights on EssentiALZ.
- Provide a non-clinical virtual education program to Generations and SWIRCA & SWIRCA & More (Area Agencies on Aging partners). Greater Kentucky/Southern Indiana Chapter will provide program list.
- Coordinate with Kinney College's Center for Health Professions Life Long Learning to provide CE credits to nursing homes and Area on Aging staff and Deaconess Health's CE office for Deaconess educational events



Thank you!

Please scan the QR code or visit alz.org/hello to record your attendance and let us know if you'd like to learn more.



