Alzheimer’s and Public Health

A Multifaceted Look at Dementia in Our Community

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alzheimer’s association®
We are the Alzheimer’s Association

Mission

Increasing Concern & Awareness

Advancing Public Policy

Growing Revenue Support of the Mission

Enhancing Care & Support

Accelerating Research

Support of the Mission
Mission

To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
Vision

A world without Alzheimer’s disease®.
Fundraising Impact

• World’s largest nonprofit funder of research
• Walk to End Alzheimer’s
  – 18 in Iowa
• The Longest Day
• Other events
  – Purple Soiree
  – Reason to Hope
  – Memories in the Making
On Today’s Program

• What is Alzheimer’s?
• What kind of impact does the disease have?
• How is this a public health issue?
• Dementia-Friendly Communities
• How you can help
Types of Dementia

- Dementia is loss of memory or other cognitive abilities due to changes in the brain
- Bad enough to interfere with daily living
- Alzheimer’s is the most common cause
- Many mixed, pseudo-cases
What’s happening to the brain?
What is Alzheimer’s disease?

- A universally fatal brain disease
- Gradual onset
- Progressive, meaning it gets worse over time
- The vast majority of people with the disease develop “late onset”
- A very small number of people have inherited forms
So why focus on Alzheimer’s?
Prevalence and Incidence (Nation)

• Kills more than breast and prostate cancer combined
• Since 2000, deaths from heart disease down 9%
  – Deaths from Alzheimer’s up 145%
• Sixth-leading cause of death in the US
• 5.8 million Americans
• Every 65 seconds
Prevalence and Incidence (Iowa)

• As of 2017, 1,597 died from Alzheimer’s
  – From vs. With
• Seventh-highest death rate
• 64,000 Iowans
  – 136,000 caregivers
    • $1.96 billion in unpaid care
    • $101 million higher healthcare costs
• Nearly 3,000 in hospice (‘16)
• Over 1,200 ER visits per 1,000 PLWD (‘15)
The Caregiver Burden

- Over 16 million unpaid caregivers
  - Provide 18.5 billion hours of care
  - Valued at over $234 billion
- Half take care of aging parents
- A third are over age 65 themselves
- Most caregivers are women
- Caregivers suffer physically, mentally, emotionally
The Economic Burden

- Most expensive disease in healthcare system
- Lifetime costs of PLWD now >$350,000
- Will cost US $290 billion this year alone
  - 2050 could be $1.1 trillion
- $17,265 per capita Medicare spending on PLWD
- $654,000,000 of Medicaid spending on PLWD
  - Increase of 19% expected in next six years
So how are Alzheimer’s and Public Health linked?
It’s everywhere

• Nearly every community is affected by it
• Nearly every family has some connection
• Every local entity that serves the community with work with people who have dementia
• Every town will have people who need more services and care
It’s going to stay everywhere

• Earlier diagnosis, detection means longer life
  – And lower costs

• People in early stages can still lead productive, active lives

• These are still people
Get Groceries

• Getting across town
  – Bus? Taxi? Car?
  – Directions and Signs
  – What if you get lost?

• Parking
  – Clearly marked?
  – Metered?

• Shopping
  – Labels clearly marked?
  – Are people around to ask questions?
  – Check-out process smooth?
Do Some Shopping

• Are shops walkable?
• Stairs vs. Inclines
• Signs easy to read?
• Lighting

• Foster Independence
• Are workers and cashiers prepared to recognize/help someone with dementia?
Stop at the Bank

• Are tellers prepared?
  – Already cashed these checks?
  – Not grasping numbers?

• Who do they tell if they notice something amiss?

• Things are not always easy or always accommodating
What if something goes wrong?

• Are first responders trained?
• Are police aware?
• Hospitals’ protocol about keeping a patient with dementia versus sending them back to the facility
All Public Entities/Services Affected

- Healthcare industry
  - Hospitals
  - Urgent Care Clinics
  - Care facilities
  - Dentists

- Retail

- Public Works Dept.
- First Responders
- Public transit
- Rural Iowans
How We Can Work Together

- Greater cross-talk between a town’s departments to standardize knowledge
- Dementia-Friendly Communities

People Who Are Supported

- Feel happier
- Fewer ER visits
- Fewer chronic conditions
- Lower lifetime cost of care
- Lower burden on infrastructure
Dementia-Friendly Communities

• “A dementia friendly community is a village, town, city or county that is informed, safe and respectful of individuals with the disease, their families and caregivers and provides supportive options that foster quality of life.”

---Dementia Friendly America
Dementia-Friendly Communities

- More social than medical
- Increases awareness and understanding
- Decrease stigma
- Community involvement
What Else to Consider

- Arts, culture, leisure
- Recreation
- Children, young people and students
- Community, voluntary, faith groups and organizations
- Housing
Find Existing Resources

• Alz.org
  – Community Resource Finder

• 24/7 Helpline
  – 1-800-272-3900

• Support Groups

• Existing connections
  – Branch Offices
  – Area Agencies on Aging

• WHO and AARP

• Hospitals/Facilities
What Else Can We Do?

- Too siloed
- Talk about it
- Coordinate w/ care facilities
- Reach out
- Central database
- Train people
“Do things here and now, not after you’re gone. If you have some money, share it. And if you have some time, do something worthwhile.”

-Jerome Stone
And ultimately…

THE END OF ALZHEIMER’S STARTS WITH YOU
Questions?

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