



Aging Sub Committee

AAHP Alzheimer's Awareness Toolkit



I have Alzheimer's Disease.



I have lost someone to Alzheimer's Disease.



I am supporting or caring for someone with Alzheimer's Disease.



I support the cause and vision of a world without Alzheimer's Disease or other Dementias.





Information about Alzheimer's Disease

Alzheimer's disease is a common and challenging condition that affects older African American communities more than others. To help we need to know why this happens so we can provide targeted support and resources to these communities.

Understanding the Meaning of Dementia and Alzheimer's Disease

What is Dementia?



Dementia is a term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life.

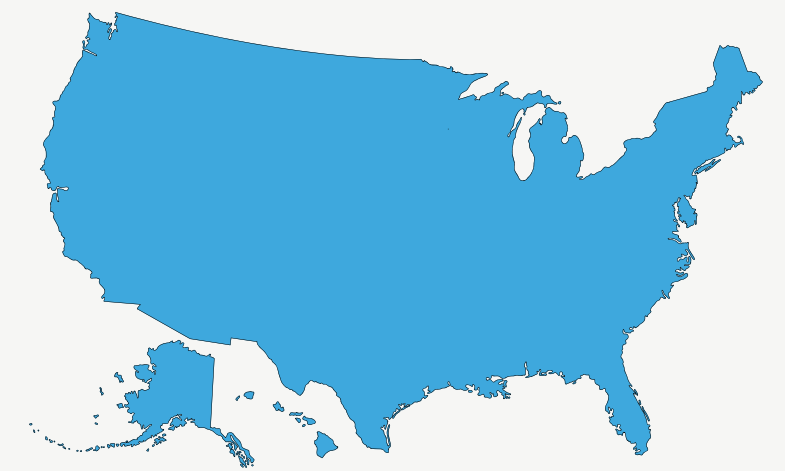
What is Alzheimer's Disease?

Alzheimer's Disease is a type of dementia that affects memory, thinking and behavior. As time goes on symptoms get worse and interfere with daily tasks.



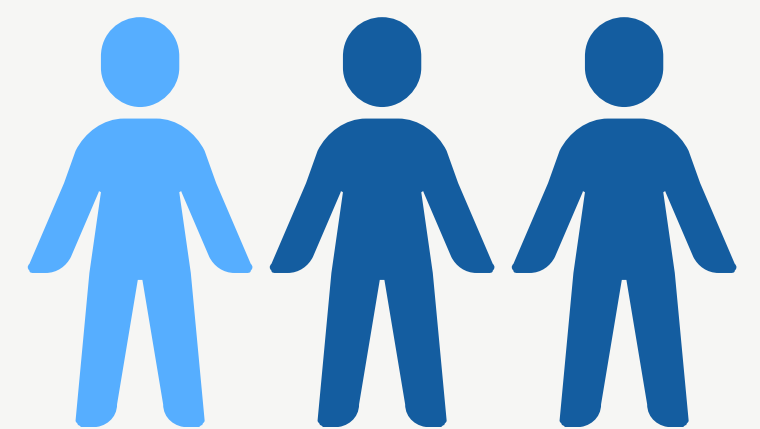
Quick Facts: Alzheimer's Disease in the United States

Over 6 million American's live with Alzheimer's Disease.



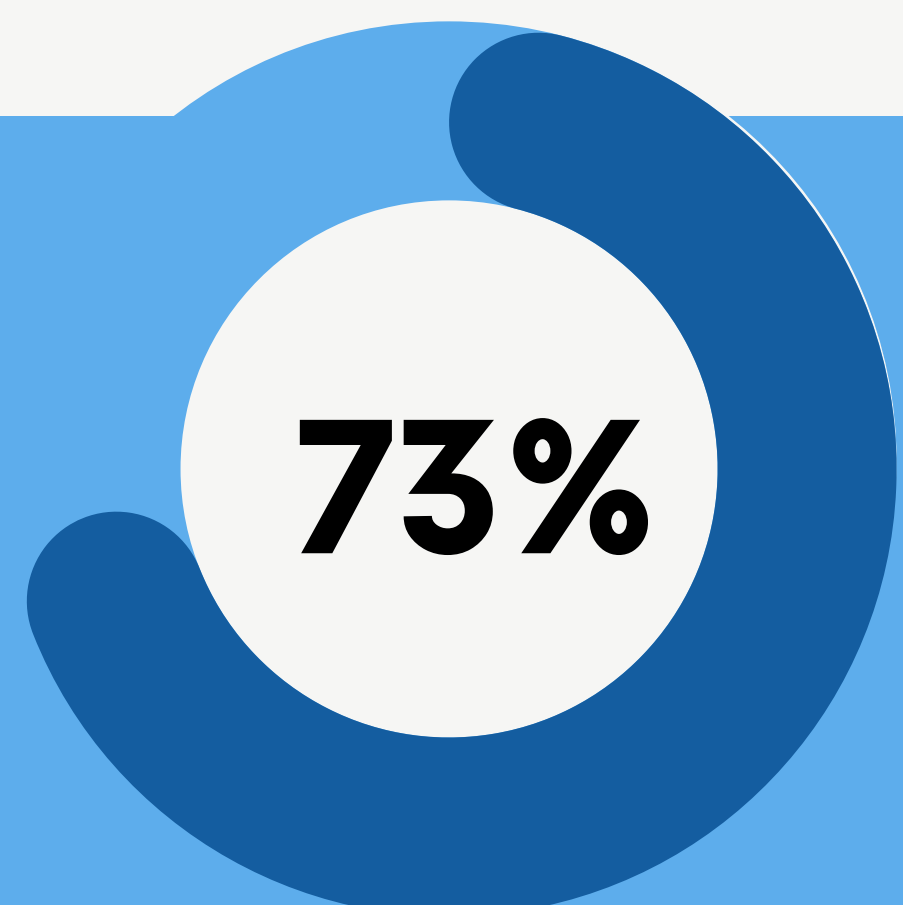
Two-thirds of Americans with Alzheimer's Disease are women.

1 in 3 seniors dies with Alzheimer's Disease.



Alzheimer's Disease and other dementias in 2023 will cost the United States over \$345 billion.

Over 6 million Americans age 65 and older are living with Alzheimer's in 2023 73% are 75 or older.



Quick Facts: Alzheimer's Disease in the Black Community

21.3% of African Americans 70 and older have Alzheimer's Disease.

21%



Older African Americans are twice as likely to have Alzheimer's Disease or other dementias than older White Americans.

55% of African American's believe that memory loss is a natural part of aging.

55%



Over 80% of African Americans still struggle getting good quality Alzheimer's Disease care.

35% of African Americans say that they are concerned about Alzheimer's Disease or dementia.

35%

Early Signs and Symptoms

Memory Loss



Forgetting things often.

Confusion with time and place



Not knowing the day of the week or getting lost in familiar places.

Problems with Abstract Thinking



Having trouble understanding numbers or how they are used.

Problems with Language



Forgetting words or using the wrong word.

Difficulty performing familiar tasks



Forgetting how to do something you have done before.

Misplacing things



Putting things in strange places.

Changes in Personality



Behaving out of character.

Impaired Judgement



Not making good choices, like not taking medicine needed.

Loss of Interest



Losing interest in friends, family, or activities.



Get Checked! Early Detection Matters!

If you notice you or another person are showing signs it can be difficult to know what to do. But it is important to take action to figure out what's going on.



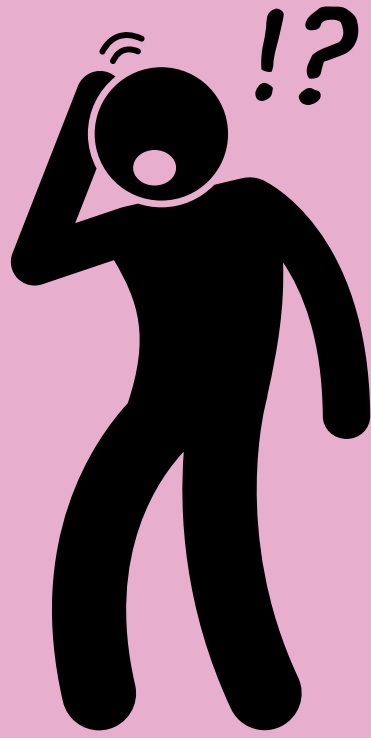
Diabetes, High Blood Pressure, Obesity, and Chronic Stress can all raise the likelihood of Alzheimer's Disease. Therefore, it is important to get checked early.



Early Stage (Mild Alzheimer's Disease):

Maintains some independence.

Memory problems start.
(forgetting recent events).



Difficulty with tasks and word-finding.



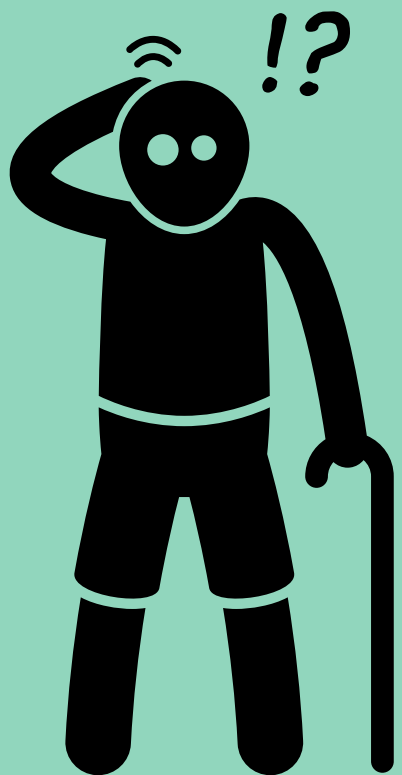
Mood/personality changes are small.



Middle Stage (Moderate Alzheimer's Disease):

Decreased independence, wandering.

Memory loss worsens
(forgets personal details).



Communication and behavior challenges.



Loss of motor skills, incontinence.



Late Stage (Severe Alzheimer's Disease):

Minimal awareness, requires end-of-life care.

Extreme memory loss, no recognition.



Severe loss of mobility and communication



Swallowing and eating difficulties.



Alzheimer's Checklist

1. Medical, Legal and Financial Planning:

- Medical support team.
- Appoint healthcare representative.
- Update legal documents.
- Organize financial materials.
- Plan for future care expenses.
- Research long-term care options.

2. Medication and Treatment:

- Develop and manage a treatment plan.
- Plan nutritious meals and stay hydrated.
- Keep medical information handy .

3. Daily Routine:

- Establish daily routine.
- Memory Aids – use reminders and labels.
- Focus on enjoyable activities and social interactions.
- Make time for rest and relaxation.

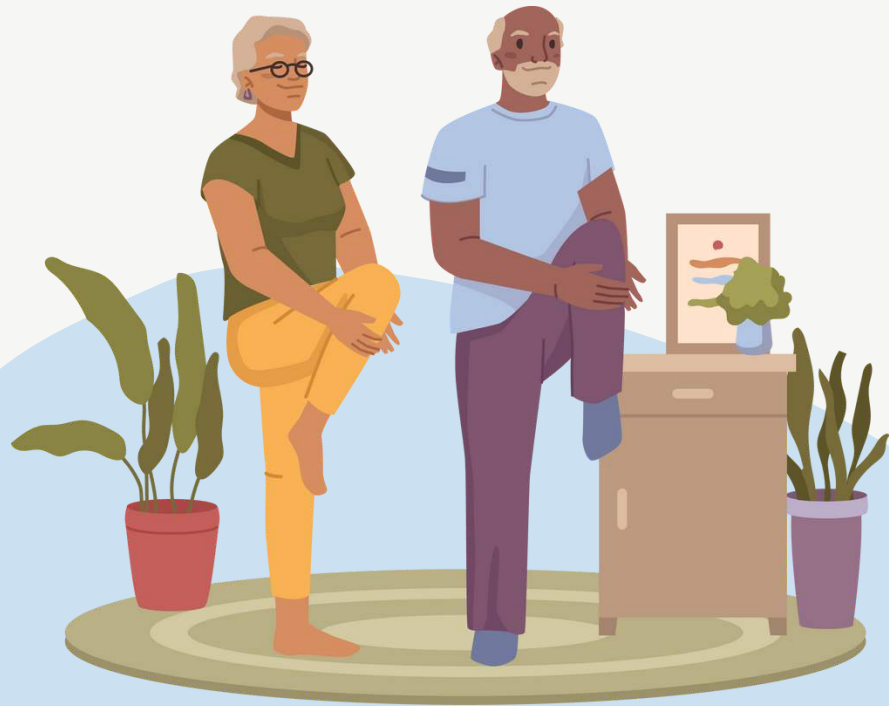
4. Seek support:

- Discuss caregiving roles/responsibilities within the family.
- Secure caregiver support.
- Seek emotional support from family and community resources.
- Modify home for safety.
- Consider a wander alert system.
- Schedule time-off (breaks) to renew.

5. Education:

- Learn about Alzheimer's and available treatments.
- Stay updated on Alzheimer's research.
- Stay informed on the person's condition.

Reducing the Risk of Alzheimer's



Regular Exercise

Regular exercise can reduce the risk of developing Alzheimer's disease by 50%



Healthy Diet

Reduces inflammation that inhibits the communication between brain cells.



Active Social Life

The better connected we are the better quality of life.



Stress Management

Improves brain function and reduces health problems linked to stress.



Mental Stimulation

Continuing to learn new things and challenging the brain helps to delay development of Alzheimer's Disease



Quality Sleep

Necessary for memory formation and flushing out brain toxins.

True or False

1. You can have dementia and not have Alzheimer's disease.

TRUE; there are different kinds of dementia besides Alzheimer's Disease, including dementia caused by small strokes.

2. You can have Alzheimer's disease but not dementia.

FALSE; Alzheimer's disease is a type of dementia. Everyone with Alzheimer's Disease has dementia.

3. Most older people with dementia have Alzheimer's disease.

TRUE; Alzheimer's Disease is the leading cause of dementia in the elderly.

4. A medical exam will help figure out what is causing a person's confusion or memory loss.

TRUE; a good medical work-up is recommended and will usually result in a specific diagnosis. Also, a good medical exam is important because some problems with memory, such as those caused by vitamin deficiencies or depression, may be reversible.

5. A person can have more than one dementia at the same time (for example, Alzheimer's disease and dementia caused by small strokes).

TRUE; multiple problems are possible.



True or False

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4. A medical exam will help figure out what is causing a person's confusion or memory loss.
5. A person can have more than one dementia at the same time (for example, Alzheimer's disease and dementia caused by small strokes).



Information for Caregivers



Currently, more than 6 million American's live with Alzheimer's Disease. As the amount of people affected continues to grow so does the need for caregiving. The growing need puts stress on caregivers and can impact their health, well-being and productivity.

Quick Facts: About Caregivers

83% of caregivers in the U.S. are family members, friends or other unpaid caregivers.

83%



About two-thirds of caregivers are women.

30% of caregivers are age 65 or older.

30%



About a quarter of dementia caregivers provide care to not only an aging parent but also for at least one child.

48% of caregivers provide care to older adults who are living with Alzheimer's Disease or another dementia.

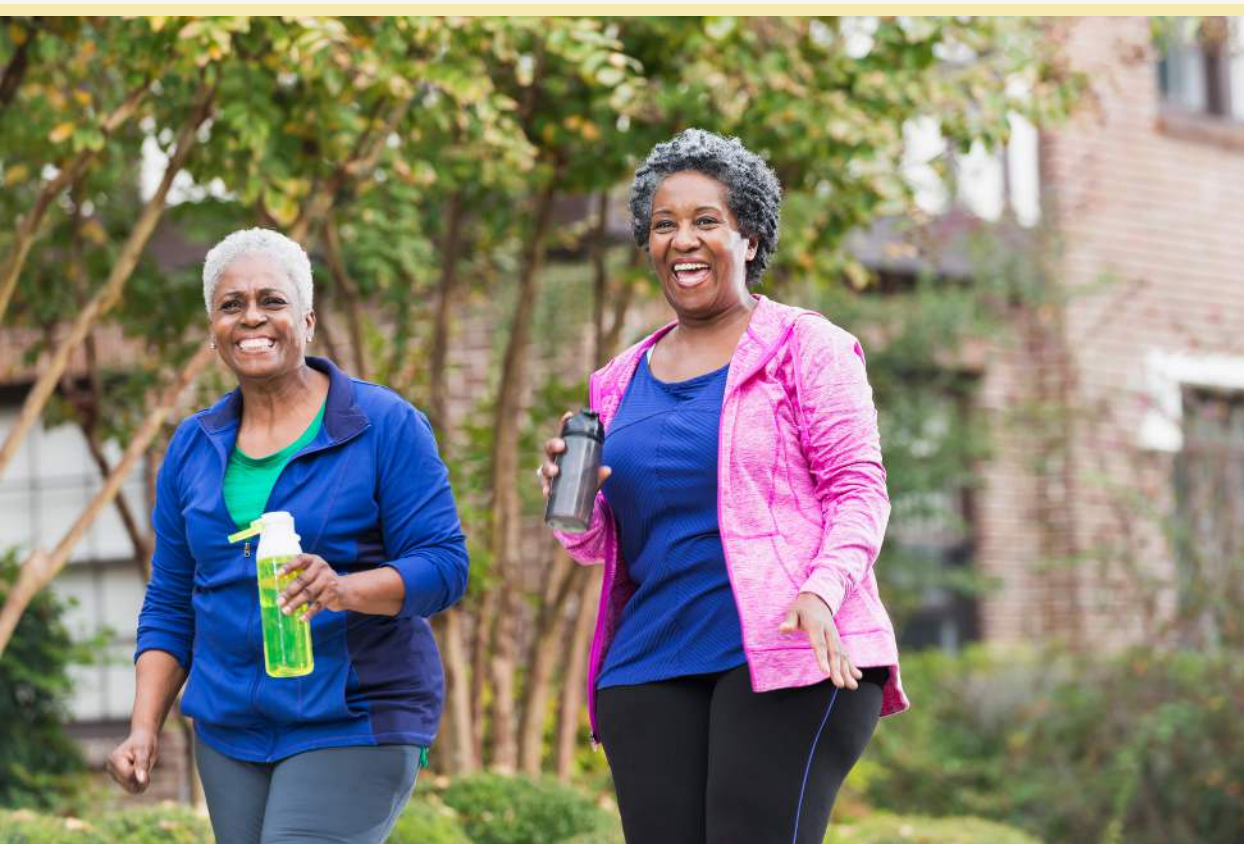
48%

Tips for Caregivers of People with Alzheimer's Disease



Work together to create routines.

When caregiving for someone who finds it hard to communicate, make sure to really listen and show kindness



Engage the person in a variety of physical and mental activities.

Encourage independence.



How to care for someone with Alzheimer's Disease



Have patience with the person.

Be respectful to the person.



Be kind to the person you are caring for.

Recognize their feelings.



SIGNS OF CAREGIVER STRESS



You may feel:

- **Overwhelmed**
- **Alone**
- **Tired**
- **Worried or sad**

You may experience:

- **Weight gain or loss**
- **Struggle to sleep or sleep too much**



You may suffer from:

- **Headaches**
- **Body aches**
- **Irritability or become easy to upset**



Grieving Alzheimer's Disease

The grieving process in Alzheimer's disease can be long, as family members experience a series of losses, it's essential for families to seek support.

When grieving you may feel,

- Denial
- Anger
- Guilt
- Sadness
- Acceptance

Source: Alzheimer's Association

Impacts on Families and Caregivers:



Emotional Distress: Family members may experience stress due to the ongoing challenges and uncertainties.

Financial Burden : The cost of caregiving, medical expenses, and potential loss of income can strain family finances.



Health Effects: Caregivers are at risk of health problems due to the stress and physical demands of caregiving.



Family Dynamics: Caring for a loved one with Alzheimer's can lead to strained relationships within the family and limited time for social activities.





Impact of Alzheimer's Disease : Self-care

It can be difficult to find time for yourself while caring for a loved one but taking breaks to stay active and socially engaged can help you maintain your health and continue delivering the best care.

Self-Care Tips:

- Visit the library
- Visit senior centers
- Participate in classes
- Exercise
- Drink water
- Listen to music
- Read together
- Dance
- Practice mindfulness
- Eat well



Ways to support caregivers and individuals with Alzheimer's Disease

Join a Support Group

Alzheimer's Support Groups Offer:

- Emotional Support.
- Educational information on Alzheimer's and caregiving.
- Community, letting people make connections.
- Problem-Solving tips for caregiving challenges.
- Coping Skills: Tools for stress and grief.
- Empowerment.
- Advocacy: Raise awareness and make change.

For more information call the 24/7 Helpline at 800-272-3900.

AAHP Aging Subcommittee Upcoming Events/Activities:

AAHP Aging Subcommittee is launching an Alzheimer's ribbon campaign to raise awareness and provide support.

Throughout the year, our campaign will host various activities to increase awareness, assist families and caregivers, and organize an Alzheimer's team and walk as part of the ribbon campaign.

Ways to support caregivers and individuals with Alzheimer's Disease

AAHP Mindfulness Program

The program is designed to provide mindfulness training to support daily practice to enhance overall health and well-being. The curriculum incorporates Mindfulness-based Cognitive Therapy (MBCT) and Mindfulness-based Self-Compassion (MBSC) practices.

The program is offered four times a year:

- Winter (January – February 2024)
- Spring (April – May 2024)
- Summer (dates TBD)
- Fall (dates TBD)

To learn more or to register visit: <https://bit.ly/aahpmindfulness> or contact Kimberly Johnson at Kimberly.johnson2@montgomerycountymd.gov or by phone at 240-777-1202.

See Me at the Smithsonian

See Me at the Smithsonian – is a free, interactive program designed by the Smithsonian Institution for individuals living with memory loss and their care partners. The program utilizes multisensory experiences through dialogue and engagement activities. See Me programs offer a chance for individuals living with memory loss and caregivers to have fun and learn together from the comfort of their own home.

The program is offered virtually for convenient participation. It is a relaxed way to explore art, history, music, and storytelling with loved ones.

To learn more, visit <https://access.si.edu/program/see-me-smithsonian> or contact access@si.edu for program information.

Montgomery County's Aging and Disability Resource Unit

Services

- Resources for families and caregivers
- Helpful programs, organizations and websites for seniors
- Transportation
- In-home care
- Skill-based trainings

Location

401 Hungerford Drive Rockville, MD 20850

Monday - Friday

8:30 am - 5:00 pm

Extended Hours Tuesday and Thursday

5:00pm - 7:30 pm

Phone: 240-777-3000

For more information visit:

www.montgomerycountymd.gov/senior/caregiver.html

Alzheimer's Association (National Capital Area Chapter)

1-800-272-3900

Provides numerous non-cost programs, website information, and a 24/7 helpline. Interpretation services are available in over 200 languages. Local assistance includes:

- Caregiver support groups
- Memory's Cafe
- Transportation
- Education programs
- Care consultations

For more information visit:

www.alz.org

The ARC Montgomery County Respite Care

301-984-5777

Provides access to supervised short term home care allowing unpaid caregivers time for errands, appointments and selfcare. Families can choose from many respite care venues including:

- Family home
- Adult medical day programs
- Approved respite facilities

For more information visit:

www.thearcmontgomerycounty.org

The Balm In Gilead Inc

804-644-2256

Our mission is to prevent diseases and improve the health status of African Americans by providing support to faith institutions in areas of program design, implementation, and evaluation, strengthening their capacity to deliver programs and services that contribute to the elimination of health disparities.

For more information visit:

<https://www.balmingilead.org/>

The Black Physicians & Healthcare Network

301-365-4480

The Black Physicians & Healthcare Network (BPHN) connects residents to physicians & health care providers. Their goal is to improve the overall health of the insured, underinsured, & uninsured residents of Montgomery County, MD.

For more information visit:

<https://www.bphnetwork.org/>

Autism/IDD (Intellectual and Developmental Disabilities), Alzheimer's and Dementia Outreach Program

240-773-6525

This program began in 2005, partly in response to the growing number of police calls for service involving missing residents with autism/IDD, Alzheimer's, and Dementia. The program has continued to develop and today provides a "total approach" to issues that these residents and police encounter through Education, Outreach, Follow-up, Empowerment, and Response.

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>

BHCAA - The Brain Health Center for African Americans

The Brain Health Center for African Americans (BHCAA) aims to promote awareness of cognitive health issues among African Americans through networks of houses of worship, faith-based organizations, and partnerships with communities and individuals committed to our cause.

For more information visit:

<http://brainhealthcenterforafricanamericans.org/>

Montgomery County MD Fire Safety for Older Adults

240-777-2430

Fire safety is a critical issue for older adults. Americans over the age of 65 are one of the groups at greatest risks of dying in a fire. Although, deaths have happened there are a number of ways older adults and those that care for them can prevent and reduce the risk of becoming a fire casualty.

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>

Montgomery County Recreation 55+ Active Senior Programs

240-777-6840

Montgomery County Recreation has many ways for independent adults, 55 and older, to stay active and healthy. Whether you are working, semi-retired, or fully retired, our eight senior centers offer many programs, activities, classes, and events for you to choose from..

For more information visit:

<https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/older-adults/>



Acknowledgements

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