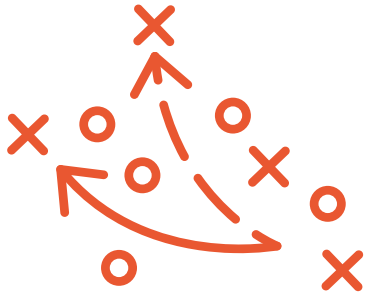




**CENTRALINA**  
Area Agency on Aging

## Alzheimer's Facts, Figures, and the Future



**Courtenay O'Donoghue, PhD**  
**Alzheimer's Association**





# Alzheimer's Facts, Figures, and the Future

**Centralina 2025 Aging Conference**




# Alzheimer's and Dementia



# DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia

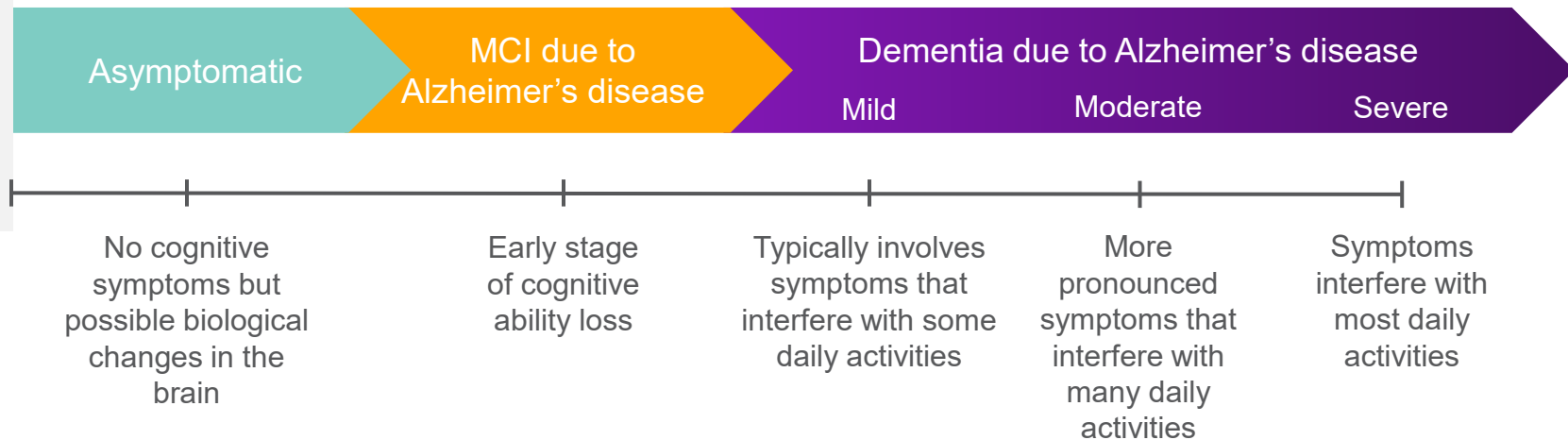
-  Alzheimer's
-  Vascular
-  Lewy body
-  Frontotemporal
-  Other, including Huntington's
-  Mixed dementia:  
dementia from more than one cause





# Alzheimer's in the Brain

# Alzheimer's disease is a continuum





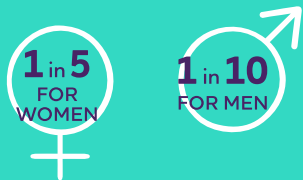
## Impact of Alzheimer's

## 2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



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

THE LIFETIME RISK FOR  
ALZHEIMER'S AT AGE 45 IS



NEARLY  
**7 MILLION**  
AMERICANS ARE LIVING  
WITH ALZHEIMER'S

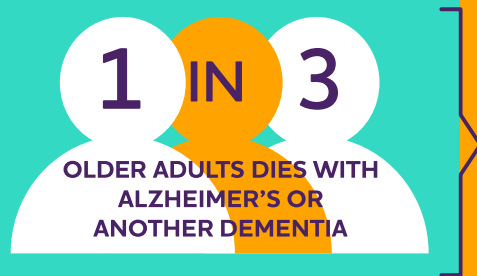
BETWEEN 2000 AND 2021, DEATHS  
FROM HEART DISEASE HAVE  
**DECREASED 2.1%**



WHILE DEATHS FROM  
ALZHEIMER'S DISEASE HAVE  
**INCREASED 141%**

**70%** OF DEMENTIA  
CAREGIVERS  
FEEL STRESSED WHEN  
COORDINATING CARE

AND MORE  
THAN HALF  
OF CAREGIVERS  
SAID NAVIGATING  
HEALTH CARE IS  
DIFFICULT



IN 2024, ALZHEIMER'S  
AND OTHER DEMENTIAS WILL  
**COST THE NATION**  
**\$360 BILLION**  
———— \$\$\$\$\$ ————

BY 2050, THESE COSTS  
COULD RISE TO NEARLY  
**\$1 TRILLION**

**3 IN 5** DEMENTIA  
CAREGIVERS  
SAY LESS STRESS AND MORE PEACE OF  
MIND ARE POTENTIAL BENEFITS OF  
HAVING A **CARE NAVIGATOR**

**56%** SAY IT COULD  
HELP THEM BE  
**BETTER CAREGIVERS**

IT KILLS MORE THAN  
BREAST CANCER AND  
PROSTATE CANCER  
+  
**COMBINED**

THESE CAREGIVERS  
PROVIDED MORE THAN  
**18 BILLION HOURS**  
VALUED AT NEARLY  
**\$347 BILLION**

For more information, visit  
**alz.org/facts**



# Impact of Alzheimer's on Caregivers



In 2023, over **11 million Americans** provided unpaid care for people with Alzheimer's or other dementias.



Caregivers provided more than 18 billion hours of unpaid care valued at nearly **\$347 billion**.



Caring for someone living with Alzheimer's can take a **physical, emotional, social and financial toll** on family caregivers.



Of the total lifetime cost of caring for someone with dementia, **70% is borne by family caregivers** — either through out-of-pocket expenses or from unpaid caregiving.



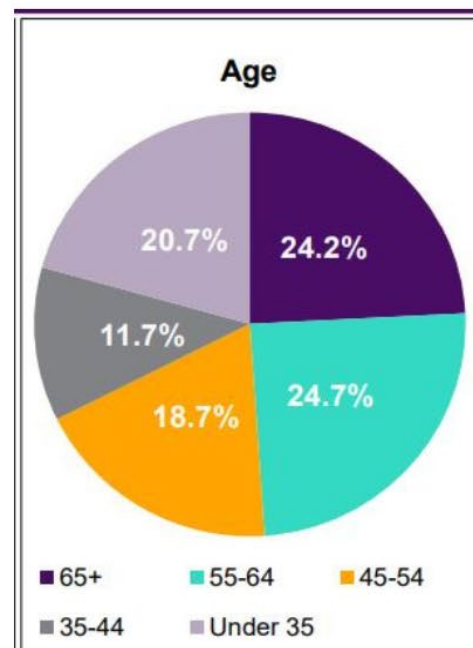
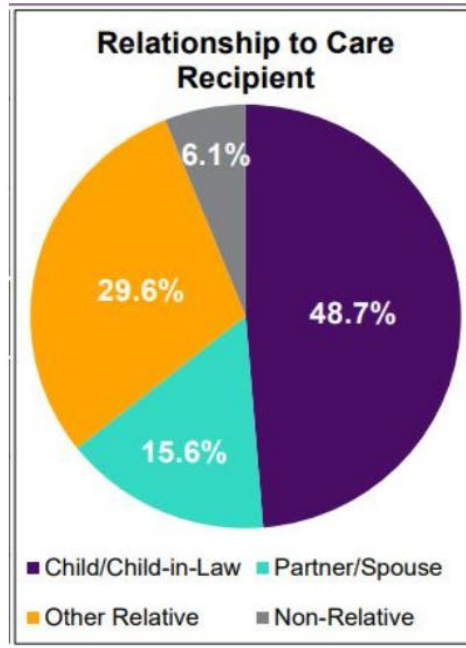
59% of family caregivers rated the **emotional stress** of caregiving as high or very high.



# dementia caregiving in North Carolina

**More than 1 in 4 caregivers in NC (25.4%) is providing care to an individual with Alzheimer's or another form of dementia.**

Female	55.0%
Male	45.0%
Urban	91.5%
Rural	8.5%
Also caring for a child	27.7%
<b>Health Effects</b>	
In frequent poor physical health	18.1%
In frequent poor mental health	21.1%
History of depression	41.0%



# Planning for Care Costs



The total lifetime cost of care is estimated at almost **\$400,000**. **Seventy percent** of these costs are out-of-pocket.

## NATIONAL AVERAGE COSTS

- Home Care: \$27/hour
- Adult Day Center: \$95/day
- Assisted Living Facility: \$57,289 per year
- Assisted Living Facility (Private Room): \$115,007 per year

## CONSIDER YOUR RESOURCES



- Insurance including Medicare, disability, employee plan, life, or long-term care
- Government including Medicaid, Veteran's benefits, tax deductions and credits, social security disability income under 65, supplemental security income
- Community support including low or no cost support services, respite care, transportation, meal delivery
- Retirement benefits, personal savings assets



## Risk Factors





## 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.



# Alzheimer's Research



## Advancing Research

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch ([alz.org/TrialMatch](http://alz.org/TrialMatch)) is a free clinical studies matching service.

# Alzheimer's Association: the world's largest nonprofit funder of Alzheimer's & dementia research



**\$430M**

currently  
active



**1110+**

projects



**56**

countries



# Research In Your Community

## North Carolina



Total awards: 87  
Year: 1993-2024  
Active awards: 33

## Grant Funding



Total amount: \$ 93.9 M  
Active amount: \$ 81.8 M

## Funded Institutions



Duke University Medical  
Center, Wake Forest  
University Health Sciences,  
The University of North  
Carolina

# What Science Tells Us About Brain Health



- There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are things we **can** control to improve our brain health.
- Growing evidence shows that increasing healthy habits can reduce the risk of cognitive decline and possibly dementia.
- This is true even for people with a history of dementia in their families
- It is never too early or too late to start these healthy habits for your brain.

# What May Impact Risk of Cognitive Decline or Dementia

**Non-modifiable  
risk factors**

**Constellation of reasons  
may be fundamental and  
unique to each individual**

**Social determinants of  
health may impact some  
or all of these factors**

**Strength of our  
understanding is different  
across risk factors**

**Need to Study Risk  
from ALL Angles**

**Modifiable  
risk factors**



# How Research has Advanced Alzheimer's Treatment



**1906**

first *description*  
*of disease*



**1996-2014**

treat  
*cognitive symptoms*

Aricept® (Donepezil)  
Exelon® (Rivastigmine)  
Razadyne® (Galantamine)  
Namenda® (Memantine)  
Namzaric® (Memantine & Donepezil)



**2021-2024**

slows the  
*progression of Alzheimer's*

Aduhelm® (Aducanumab)  
Leqembi® (Lecanemab)  
Kisunla™ (Donanemab)



# Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.



There are a number of benefits to early detection, including the opportunity to:

- Plan for the future
- Explore treatment options
- Participate in clinical studies
- Involve the person with dementia in important discussions about decision-making and future care

# ADVOCACY

*EVERY VOICE MAKES AN IMPACT*

- ★ Advocates use their experiences, passion, and desire for a brighter future to influence dementia policy
- ★ Federal & State Advocate Programs
- ★ Advocacy looks like: attending meetings, posting on social media, sending emails, writing letters

# ADVOCACY

*EVERY VOICE MAKES AN IMPACT*

Current policy priorities include:

- Additional support for caregivers through respite grants and tax credits
- Access to dementia diagnosis through biomarker testing
- Continued advancements in ALZ research through the NIH
- Public health programs to educate about dementia



# Making a Difference in Our Community



# **Vision:**

**A world without Alzheimer's and  
all other dementia.®**



# Mission:

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.

# How We Help



## 24/7 Helpline

The Alzheimer's Association 24/7 Helpline (**800.272.3900**) is available around the clock, 365 days a year, free of charge, offering confidential support and information to people living with dementia, caregivers, families and the public.



## Free Education & Support

Find dementia and aging-related resources such as support groups that connect individuals facing dementia at **alz.org**



# Alzheimer's Association Resources and Support



**24/7 Helpline**  
(800.272.3900)



## Local Resources

- Find your chapter ([alz.org/findus](http://alz.org/findus))
- Support groups
- Alzheimer's Association & AARP Community Resource Finder ([alz.org/crf](http://alz.org/crf))



## Online ([alz.org](http://alz.org))

- [alz.org/care](http://alz.org/care)
- [alz.org/safety](http://alz.org/safety)
- [alz.org/driving](http://alz.org/driving)

**ALZConnected<sup>®</sup>**  
([alz.org/alzconnected](http://alz.org/alzconnected))

**ALZNavigator<sup>™</sup>**  
([alz.org/alznavigator](http://alz.org/alznavigator))



## Education Programs

- ([alz.org/education](http://alz.org/education))
- In-person, online and virtual

# Resources for Professionals

- Researchers: [https://www.alz.org/research/for\\_researchers](https://www.alz.org/research/for_researchers)
- Health Systems / Medical Providers: <https://www.alz.org/professionals/health-systems-medical-professionals>
- Professional Care Providers: <https://www.alz.org/professionals/professional-providers>
- Public Health Professionals: <https://www.alz.org/professionals/public-health>
- First Responders: <https://www.alz.org/professionals/first-responders>
- Continuing Education Opportunities: <https://www.alz.org/professionals/health-systems-medical-professionals/cme-activities>
- Center for Dementia Respite Innovation:  
<https://www.alz.org/professionals/professional-providers/center-for-dementia-respite-innovation>

# How You Can Help



## As an Individual

- Share your personal story as an advocate.
- Help your neighbors by providing education or a support group.
- Get involved in clinical trials or a research study.
- Sign up for one of our fundraising programs.



## As an Organization/Group/Business

- Start a team for Walk to End Alzheimer's or another of our fundraising programs.
- Host an educational program or community listening session.
- Share resources with your business associates, neighbors and friends



## For You and Your Community

- Share our 24/7 Helpline at 800.272.3900
- Get more information and resources at **alz.org**
- Find education, support and caregiving resources at **alz.org/communityresourcefinder**



# THANK YOU

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take our conference  
survey!**

