

Aging with Alzheimer's or Other Dementias

Danelle Hubbard
Director of Health Systems
Rocky Mountain Region (CO, MT, WY, UT & NM)

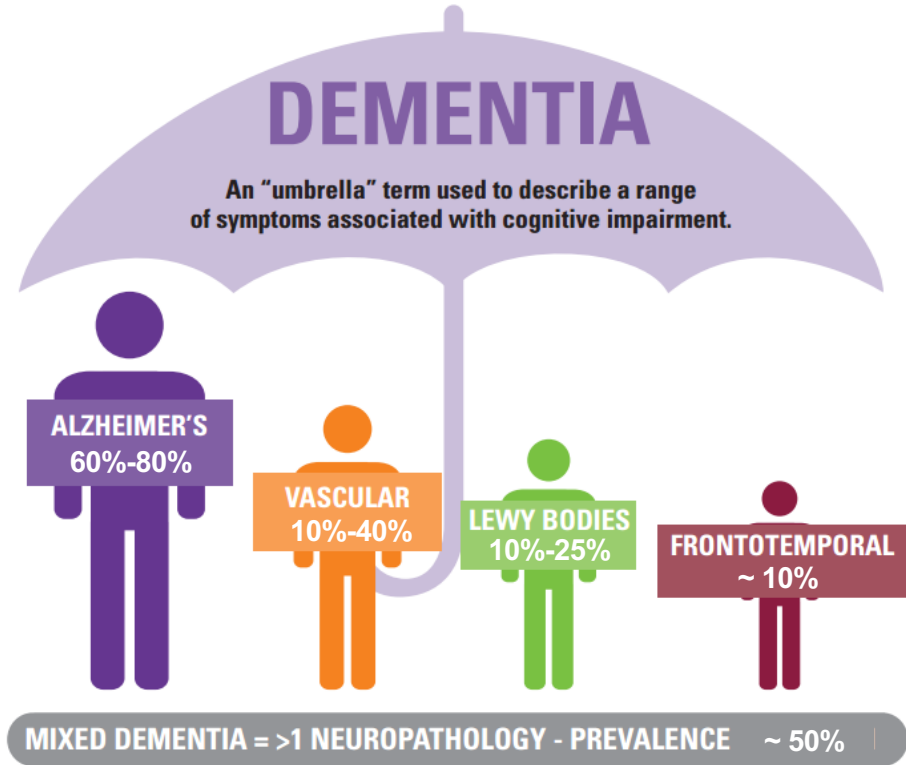
Coral Cosway
Sr. Director of Public Policy & Advocacy
Colorado Chapter

alzheimer's  association®

Dementia 101

Dementia is a Syndrome

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Many types of dementia – Alzheimer's is most common
- Mixed dementia is prevalent (i.e., multiple types at once)



Continuum of Cognitive Impairment

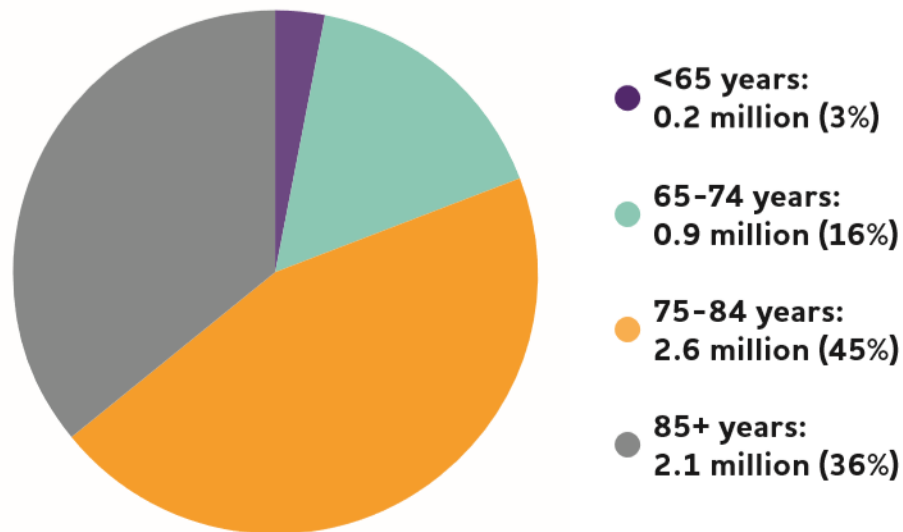


Impairment does not interfere with activities of daily living

Impairment in two or more cognitive functions that interfere with activities of daily living

Risk Factors

Ages of People with Alzheimer's Dementia, 2019



Created from data from Hebert et al.^{A2,51}

This is NOT normal aging!

- **Age**
- **APOE-e4 gene**
- **Family history**
- **Cardiovascular disease**
- **Education**
- **Traumatic brain injury**

Alzheimer's in Colorado



In one year:

- Coloradans living with the disease (2019) = **73,000 people**
- Informal (unpaid, family) caregivers (2018) = **252,000 people**
- Hours of unpaid care provided (2018) = **287 million hours**
- Monetary value of those caregiving hours (2018) = **\$3.6 billion**
- Medicaid costs of caring for people with Alzheimer's (2019) = **\$596 million**
 - Expensive population
 - Nursing home services



26% by
2025

Needs & Service Gaps

24/7 HELPLINE

800.272.3900

1 CALL. 1,000'S OF ANSWERS. 200+ LANGUAGES.

alzheimer's  association®

Needs & Service Gaps

(What We Hear from People We Serve)

Everyone's disease journey is different!

Common Needs	Service Gaps
Getting a Diagnosis	<ul style="list-style-type: none">Physicians are not diagnosing because of limited knowledge about diagnostic tools and the value of a diagnosisFamilies are not recognizing there is a problem (Results in less help for those impacted)
Caregiver Education	<ul style="list-style-type: none">Family members don't see themselves as "caregivers"They don't know resources are available to help them
Respite	<ul style="list-style-type: none">Not enough funding to pay for servicesNot enough dementia-capable providers
Workforce	Lack of dementia-specific training

Potential Solutions

Common Needs	Potential Solutions
Getting a Diagnosis	<ul style="list-style-type: none">• Increase # physicians trained in geriatrics• Increase public awareness about dementia• Project ECHO
Caregiver Education	Educate caregivers about how to care for their loved one with dementia and themselves
Respite	<ul style="list-style-type: none">• Provide more funding for services• Ensure workers are dementia-capable
Workforce	Strengthen requirements for dementia training for health care providers and emergency personnel who routinely encounter persons with dementia

Questions?