

# Alzheimer's and Dementia

## First AME Church Presentation

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**Seattle**  
Human Services  
Equity • Support • Community



# Things We Want You to Know

- **What is Aging and Disability Services?**
- **Who is the Alzheimer's Association, WA State Chapter?**
- **What is Alzheimer's/dementia?**
- **How prevalent is dementia?**
- **What are the risk factors and risk reduction strategies for Alzheimer's?**
- **What are available programs, resources & materials?**



## *Aging and Disability Services*

Area Agency on Aging for Seattle and King County

- Older Americans Act, 1965
- Advocate, plan and coordinate services for older adults and people with disabilities
- 13 AAAs in WA; 623 AAAs in US
- ADS represents approx. 25% of WA state older adult population
- 21-member Advisory Council in partnership with King Co.



# Who is the Alzheimer's Association?

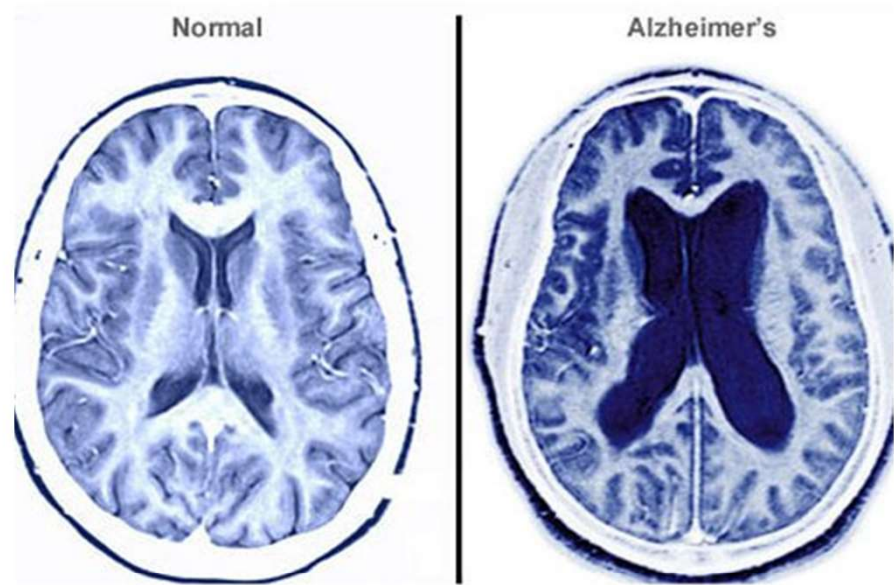
The leading voluntary health organization in Alzheimer's care, support & research.

- We provide care and support to those affected through our website, 24/7 Helpline, Community Resource Finder, support groups & community education programs.
- We help accelerate the search for a cure as the world's largest nonprofit funder of Alzheimer's research.
- We advocate for legislation that will support people living with Alzheimer's and dementia.

**Our vision: A world without Alzheimer's and all other dementia**

# What is Dementia?

Dementia is not a “disease” itself – it is a general term that describes a set of symptoms caused by a variety of diseases or conditions.



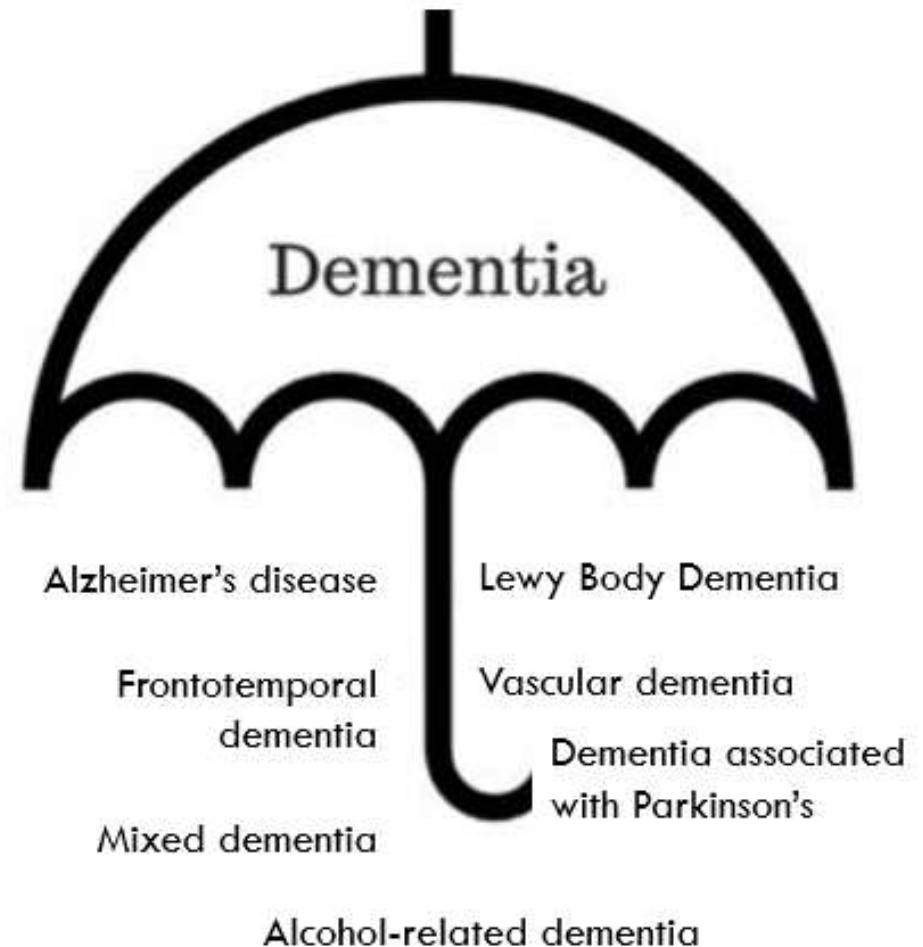
Dementia is caused by damage to the brain that results in a decline in memory and intellect, ***severe enough to interfere with daily life.***



# What is Dementia?

Dementia effects of the following functions of the brain:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception



**Mild Cognitive Impairment (MCI)** – similar changes but NOT severe enough to interfere with daily life



## What are the Risk Factors for Developing Alzheimer's?



- Age
- Family history
- Heredity
- Head injury
- Lifestyle

# What are Modifiable Risk Factors?

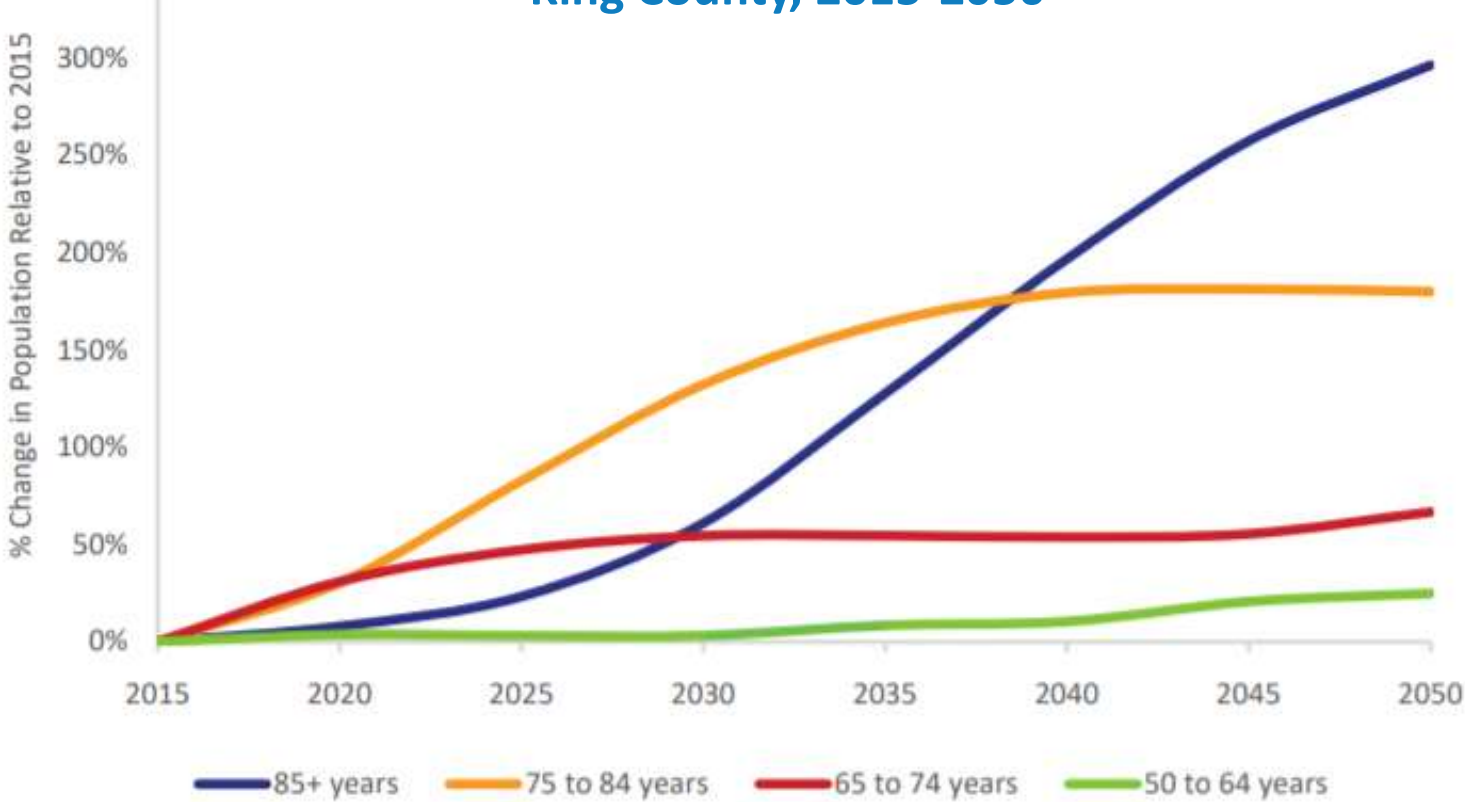
- Regular exercise  
#KeepMoving
- Sleep and good sleep quality
- Good nutrition  
(consider the DASH, Mediterranean, MIND diets)
- Avoid high-fat and zero nutritional foods
- Positive social connections
- Brain exercises and/or cognitive stimulation  
(cooking, reading, prayer, learn a new language, puzzles, word games, etc.)



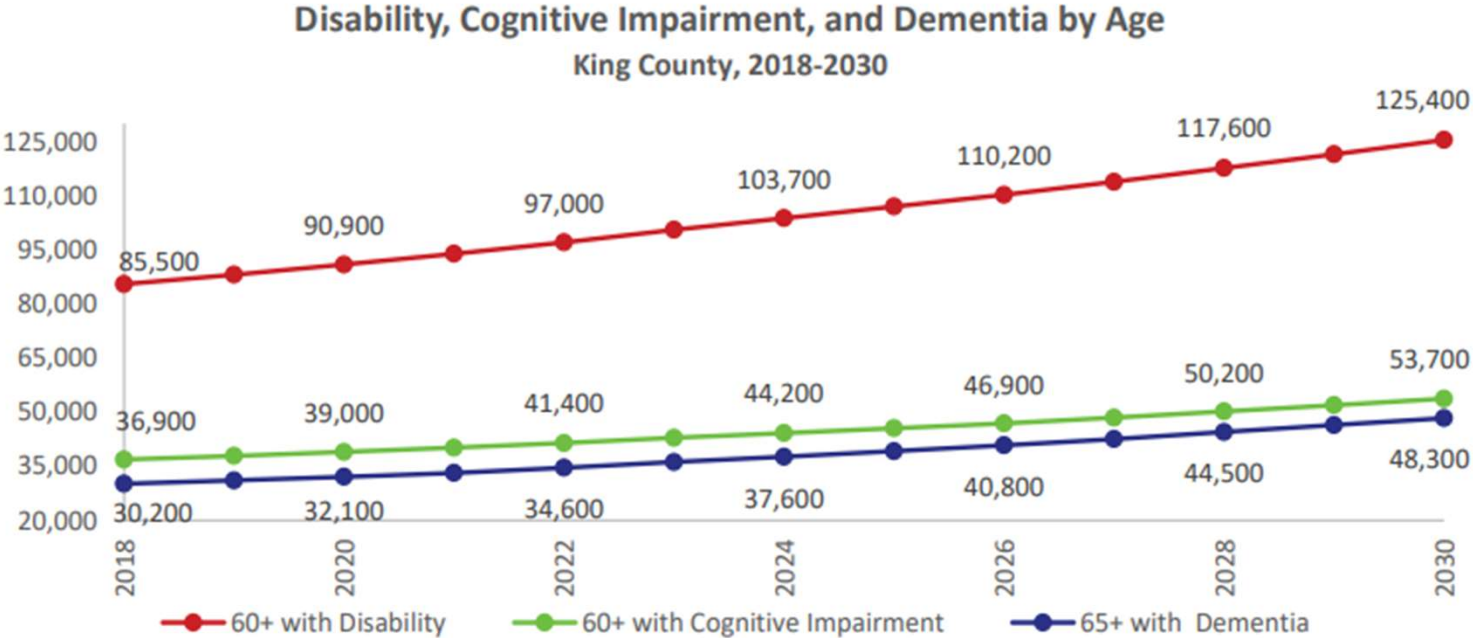


# Projected Population Change by Age Group

King County, 2015-2050



# Projected steadily increase in number of older adults with disabilities, cognitive impairments, and dementia as King County's older population grows



Source: WA Department of Social and Health Services, Aging and Long-Term Support Administration, Forecasts of the Aging Population, Dementia Prevalence and Use of Long-Term Care Services through 2030 in Washington State.



## In Washington State

- Alzheimer's disease & related dementias (ADRD) is the 3<sup>rd</sup> leading cause of death
- Between 2020-2025, the number of adults 65+ living with ADRD is projected to increase by 16.7%
- The number of adults 65 and older living with Alzheimer's disease in WA:
  - In 2020 the estimated total was 120,000
  - In 2025 the estimated projected total is 140,000



# Gender, Racial and Ethnic Disparities

- Almost **two-thirds** of Americans with Alzheimer's are **women**.
- Older **African-Americans** and **Hispanics** are more likely than Whites to have Alzheimer's and other dementias
- African-Americans and Hispanics are **typically diagnosed in the later stages** of the disease



# Why Early Detection Is Important

Less than

**50%**

Receive a formal  
diagnosis

**With early diagnosis, comes opportunities to:**

- Identify causes of cognitive decline that may be reversible
- Plan how to better manage any comorbid conditions before they lead to hospitalization
- Enable the time/opportunities for -
  - treatment of symptoms
  - best possible health
  - legal & advance care planning
  - education and support of family and other caregivers





## Racial and Ethnic Differences in Caregiving

- When compared to white caregivers, Black caregivers are more likely to provide more than 40 hours of care per week (54.3% vs 38.6%)
- Black caregivers are more likely to care for someone with dementia (31.7% vs 11.9%)
- Black caregivers are 69% less likely to use respite services.





# “Sandwich Generation” Caregivers

- 25% of dementia caregivers are also providing care for an aging parent and a child under age 18.
- Approximately 1 in 7 provides financial support to both parent and child.
- 2/3 of these caregivers are also working outside of the home.



# Financial Cost of Caregiving

297,000 - # of caregivers

429,000,000 – Hours of unpaid care

\$9,716,000,000 – Value of unpaid care

# Memory Sunday/Sabbath

- June is Alzheimer's & Brain Awareness Month
- Recognized event 2<sup>nd</sup> Sunday/Saturday in June
- Educate: Alzheimer's prevention, treatment, research studies, and caregiver support.
- Created by the **African American Dementia Outreach Partnership at the Univ. of Kentucky's Sanders-Brown Center on Aging.**
- Find the toolkit at: [bit.ly/3Asb6XI](https://bit.ly/3Asb6XI)



# African American Caregivers Forum: Legacy of Love

- November – **National Family Caregivers Month**
- An opportunity to
  - Learn and network with other caregivers
  - Receive info & resources
- **Save the Date:** Saturday, November 12<sup>th</sup>, 12 to 2 p.m.





# Sharing History through Active Reminiscing and Photo-imagery (SHARP) Seattle Pilot

- SHARP aims to maintain and improve cognitive health through:
  - Physical activity
  - Social engagement
  - Reminiscence therapy



credit: OHSU/Kristyna Wentz-Graff

# SHARP Seattle Pilot

- ADRD disproportionately affects older African Americans. So does gentrification.
- SHARP strives to honor Black health and history.
- The 2016 SHARP study was a 6-month program in Portland's historically Black neighborhoods.



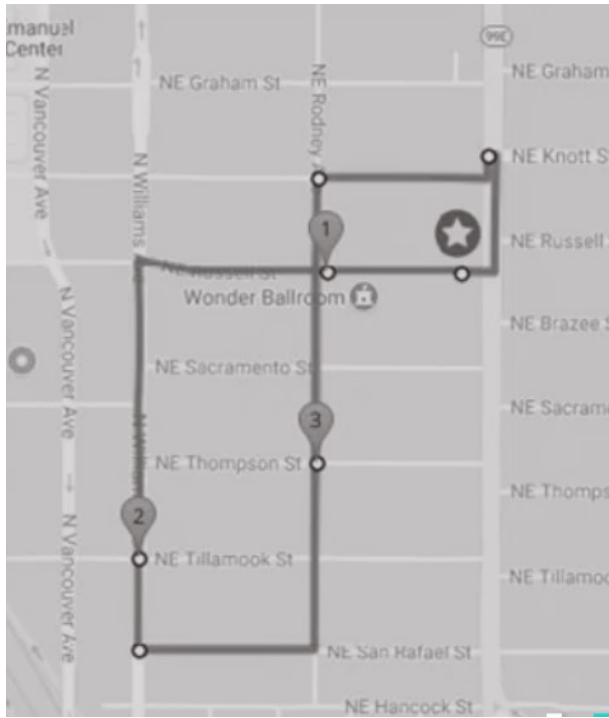
Raina Croff, PhD

Director (Principal Investigator)

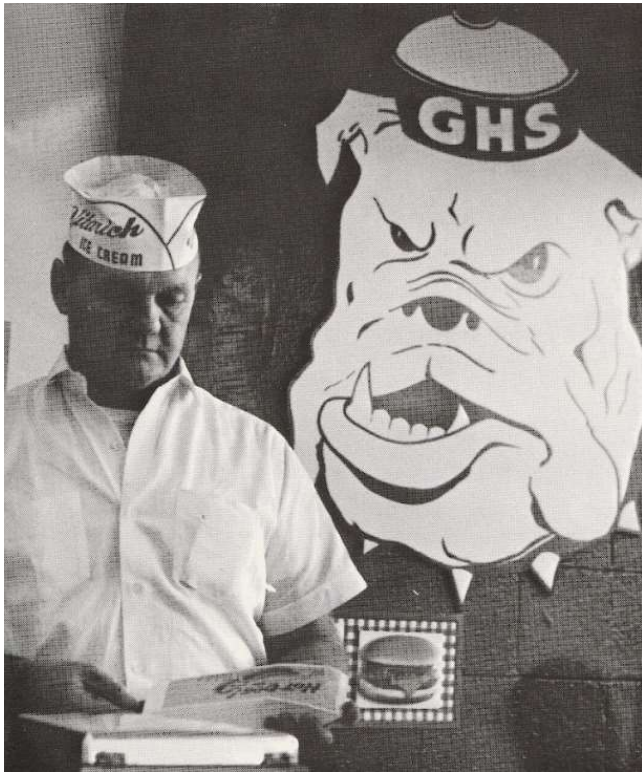




# SHARP Neighborhood Walking Routes



# SHARP Seattle Memory Markers



## Participate in SHARP: Sharing History through Active Reminiscence and Photo-Imagery



- 12-week pilot
- 3-person teams
- 3x per week, 4 weeks
- 12 themed walking routes

To register, contact **Anthony Cryer** at the Central Area Senior Center at **206-726-4926**.

# Alzheimer's Resources

**Alzheimer's Association** - [www.alz.org/alzwa](http://www.alz.org/alzwa)

**Alzheimer's 24/7 Helpline** – 800-272-3900

**Community Living Connections** – [www.agingkingcounty.org/help-information/community-living-connections/](http://www.agingkingcounty.org/help-information/community-living-connections/)

**African American Alzheimer's Call to Action** - [www.dshs.wa.gov/altsa/dementia-action-collaborative](http://www.dshs.wa.gov/altsa/dementia-action-collaborative)

**Memory Sunday Toolkit: Balm In Gilead** - <https://bit.ly/3Asb6XI>

**ADS Self-Management Plans** - [www.agingkingcounty.org/what-we-do/healthcare-collaboration/#selfmanagement](http://www.agingkingcounty.org/what-we-do/healthcare-collaboration/#selfmanagement)



# Alzheimer's Resources – WA Dept. of Health

**Dementia Road Map** - <https://bit.ly/3vNQ6q2>

To order 6 or more copies go to -

<https://prtonline.myprintdesk.net/DSF/SmartStore.aspx#!/Storefront>

**Dementia Legal Planning**

<https://www.probonocouncil.org/dementia-legal-planning>

**Dementia Legal Planning Toolkit** -

[https://wacdc.org/consite/explore/alzheimers and dementia/](https://wacdc.org/consite/explore/alzheimers%20and%20dementia/)

**Dementia Safety Information Kit** - <https://bit.ly/3KhtnrB>



# Thank you for your time today!

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