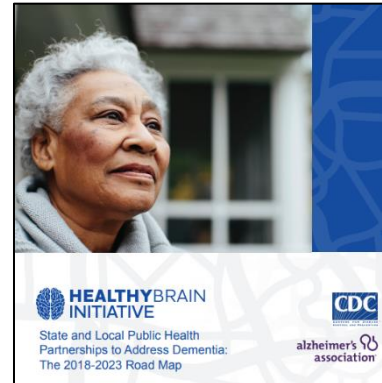


Priority Area – Alzheimer’s and Related Dementias

What is it?

Alzheimer’s Disease is the most common cause of dementia (loss of brain function). It is an irreversible, progressive brain disorder that slowly destroys memory, thinking skills and ability to do simple tasks. Other types are vascular dementia, dementia with Lewy bodies, and frontotemporal dementia (CDC).



Prevention and Management

CDC’s [Healthy Brain Initiative](#) (2018-23 Road Map) covers how public health agencies and partners can promote brain health, address impairment and meet caregiver needs. These include the following:

Click to read CDC’s [Healthy Brain Initiative](#)

- Educate and empower on brain health (diet, activity, early diagnosis)
- Develop policies – put science into practice, impact care communities
 - Alzheimer’s is America’s costliest disease - \$277 billion in 2018.
 - In 2017, 16 million family/friends provided 18.4 billion hours of care worth \$232 billion.
 - 1 in 3 Alzheimer’s caregivers’ health has worsened, resulting in \$11.4 billion in costs.
- Assure a competent workforce
 - Eliminate disparities and barriers, access preventive services, culturally appropriate care
 - 1 in 7 African American/Blacks (AA), 45 and older, have dementias
 - Older AA are twice as likely as older Whites to have dementias
 - Older Hispanics are 1.5 times more likely than Whites to have dementias
 - 2/3rds with dementia are women
- Monitor and Evaluate data
 - Implement the [Behavioral Risk Factor Surveillance System](#) (BRFSS) risk identification and reduction: optional module for caregiving
 - [AARP Public Policy Institute](#) reported April 2020 that Florida is #51 in care for frail, poor and middle class old people: [Long-Term Services and Supports State Scorecard 2020](#)
 - 2020 Florida Legislature passed a law that only most needy 1,000 of 79,258 be reported by [Florida Department of Elder Affairs’ report](#) “Statewide Analysis, Assessed Prioritized Consumer List, Totals by Assessed Rank Level and Program”
 - [AARP Nursing Home COVID Dashboard](#)

Resources

- [Alzheimer’s Foundation of America](#) - Education and Resource Center:
 - Integrative Therapy Program - encourage socialization and fun: music, art, dance, pets.
 - Education for caregivers - become an advocate, health literacy, estate planning, scams.
 - Wellness Classes - for care partners to manage stress and self-care.
 - 10 Steps for healthy aging
- National Institute on Aging - [Prevent Alzheimer’s](#)
 - State advocates: [Florida Council on Aging](#), [Florida Aging Service Providers](#)
- The New *Alzheimer’s Disease and Related Dementias Community Resource* tool is now trilingual in English, Spanish and Haitian Creole! Download your PDF file today by visiting

the Consortium for a Healthier Miami-Dade website page:

<https://www.healthymiamidade.org/wp-content/uploads/2021/03/ADRDs-CommunityResources-English-Spanish-Creole-MAR2021.pdf>