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**Subject:** Public Health E-News: SPECIAL ISSUE: Dementia Very Costly to Families

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## **2016 Alzheimer's Disease Facts and Figures Released Today: Alzheimer's Strains Family Finances and Health**

Nearly half of Alzheimer's care contributors had to reduce their own expenses – including food, medical care, and transportation – in order to pay for dementia-related care for a loved one with Alzheimer's, according to the Alzheimer's Association's *2016*

*Alzheimer's Disease Facts and Figures*, released today.

Care contributors – family and friends who provide direct care and/or financial support to people with the disease – are 28 percent more likely than other adults to eat less or go hungry because they cannot afford food. And, one in five report cutting back on their own doctor visits due to their caregiving responsibilities.

Care contributors who lost income because they had to cut back or quit work in order to meet the demands of caregiving, lost, on average, \$15,000 a year. One in five had to spend money from their own retirement savings to help pay for dementia-related care. Many also had to sell personal belongings (13 percent) and cut back on spending for their children's education (11 percent).

### **The Road Map**

The CDC Healthy Aging Program and the Alzheimer's Association partnered to develop an updated

Road Map for the public health community to address cognitive health, Alzheimer's disease, and the needs of caregivers through 35 actions.

### **Public Health Agenda**

The Alzheimer's Association has identified three key elements of an Alzheimer's public health agenda: surveillance, early detection, and promotion of brain health.

### **Risk Reduction Resource**

From the Administration for Community Living, the Brain Health As You Age resource provides the public health and aging communities with evidence-based, ready-made materials to encourage people to keep their brains healthy.

### **The 10 Warning Signs**

The 2016 edition of *Facts and Figures* also reports:

- An estimated 5.4 million Americans are currently living with Alzheimer's disease, including 200,000 individuals under age 65 who have younger-onset Alzheimer's.
- One in nine seniors has Alzheimer's, with nearly one-third of people aged 85 and older living with the disease.
- By 2050, the number of people aged 65 and older with Alzheimer's is projected to reach 13.8 million and could be as many as 16 million.
- Alzheimer's is the sixth-leading cause of death in the United States and the fifth-leading among seniors.
- In 2016, an estimated 700,000 people aged 65 and older will die *with* the disease, meaning they developed Alzheimer's before they died.
- In 2015, more than 15 million Americans provided 18.1 billion hours of unpaid caregiving – worth an estimated \$221 billion – to family members or friends with dementia.
- The cost of caring for those with Alzheimer's will be an estimated \$236 billion in 2016, with Medicare and Medicaid paying over two-thirds of the total.

To read the entire *2016 Alzheimer's Disease Facts and Figures* report or to see Alzheimer's statistics for your state, visit [alz.org/facts](http://alz.org/facts).

## What *Facts and Figures* Means for Public Health

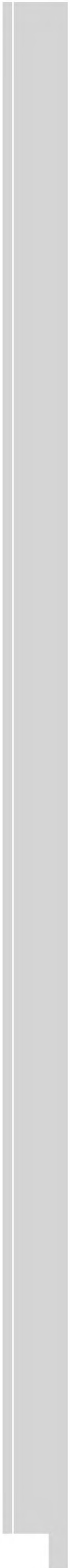
This year's *Facts and Figures* report shows that many families are not prepared for the **skyrocketing** cost of caring for someone with Alzheimer's or another dementia. As the first wave of the **Baby Boom generation** turns 70 this year, families can begin to proactively plan for the financial impact of Alzheimer's and dementia. Public health practitioners can help families ease this future burden by promoting advance care planning and advance financial planning in their communities, as outlined in the *Public Health Road Map*.

Jointly developed by the **Healthy Aging Program** at the Centers for Disease Control and Prevention (CDC) and the Alzheimer's Association, the *Road Map* calls on the public health community to promote brain health,

The Know the 10 Signs campaign is a national education effort to increase awareness of the warning signs of Alzheimer's disease and the benefits of early detection and diagnosis.

## Contact

For more information on the Healthy Brain Initiative, the public health agenda, or Alzheimer's disease in general, contact **Molly French** or check out [alz.org/publichealth](http://alz.org/publichealth).



For additional information or questions, please contact [jshean@alz.org](mailto:jshean@alz.org).

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The [Alzheimer's Association](#) is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease®.

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