The 2018 Alzheimer’s Disease Facts and Figures report, released March 20, provides an in-depth look at the latest national statistics and information on Alzheimer’s prevalence, incidence, mortality, costs of care and caregiving.

FACTS TO KNOW:

- An estimated 5.7 million Americans of all ages are living with Alzheimer’s dementia in 2018 with 220,000 living in Ohio.
- By 2025 – just seven years from now – the number of people age 65 and older with Alzheimer’s dementia is estimated to reach 7.1 million – an increase of almost 29 percent. Ohio will experience a rapid growth of 13.6 percent during this time.
- Two-thirds of Americans over age 65 with Alzheimer’s dementia (3.4 million) are women.
- Every 65 seconds, someone in the U.S. develops Alzheimer’s dementia.
- Alzheimer’s is the sixth-leading cause of death in the U.S., and is the only top 10 cause of death that cannot be prevented, cured or even slowed.
- In 2018, the total national cost of caring for those with Alzheimer’s and other dementias (not including unpaid caregiving) is estimated at $277 billion with 2.36 billion in Ohio alone.

The Alzheimer’s Association 2018 Alzheimer’s Disease Facts and Figures report is a comprehensive compilation of national statistics and information on Alzheimer’s disease and related dementias. The report conveys the impact of Alzheimer’s on individuals, families, government and the nation’s health care system. The Facts and Figures report is an official publication of the Alzheimer’s Association.

To view the full report visit us online at alz.org/centralohio or alz.org/facts.
SHOW YOUR LOVE ON THE LONGEST DAY

WHAT IS THE LONGEST DAY?
The Longest Day® is all about love. Love for all those affected by Alzheimer’s disease. People across the world will join the Alzheimer’s Association® to do an activity they love — or an activity loved by those affected — to help end Alzheimer’s. Together, we will raise funds and awareness for care and support while advancing research toward the first survivor of Alzheimer’s.

HOW DO I PARTICIPATE?

STEP 1
PICK A WAY TO PARTICIPATE
Start or join a team, host an event, or register as an individual. Select an activity - from swimming to scrapbooking, you’re limited only by your imagination. Choose the way and activity that works best for you!

STEP 2
RAISE MONEY AND MOVE THE CAUSE FORWARD
Start fundraising early and you’ll see your total skyrocket. New to fundraising? We offer tools and resources to make it easy for you.

STEP 3
CELEBRATE!
Share your photos, stories and fundraising successes on Facebook, Twitter and Instagram to show your love across the world. Use #TheLongestDay and #ENDALZ.

HERE’S THE SCOOP, OUR VOLUNTEERS ARE THE BEST!
Stop by our office on Wednesday, April 18 between noon-2 p.m. for a treat from Jeni’s ice cream truck and fun as we recognize all of those who have made our progress possible over the last year. RSVP to Caitlin 614-442-2015 or cpurk@alz.org.

WALK TO END ALZHEIMER’S®
It’s never too early to take the first step to a world without Alzheimer’s! Join thousands of others across the country as we Walk together in the fight to end Alzheimer’s. Visit alz.org/walk to register for one of our five walks held in Perry County, Delaware, Circleville, Marion and Columbus and start fundraising today!

AN EVENING OF INSPIRATION
Save the date for An Evening of Inspiration at the Drexel Theatre on May 17. Hear from caregivers, those living with Alzheimer’s and others as they share how Alzheimer’s has impacted their lives. It’s an evening you won’t want to miss. Visit the Columbus Walk site at alz.org/columbusohio or contact Jill at jrudd@alz.org to learn more about this event and more ways to kick-start your fundraising.
OHIO ADVOCATES CELEBRATE 20 YEARS OF ADVOCACY

Join us Wednesday, May 9 for the 2018 Ohio Memory Day. Now in its 20th year, Memory Day is one of the longest-running and successful Alzheimer’s advocacy events in the nation. Advocates from across the state will convene at the Ohio Statehouse to share their personal stories and their concerns related to Alzheimer’s disease with elected representatives and their staffers. In addition to the office visits, a luncheon program including former Congressman Pat Tiberi, Ohio Speaker of the House Cliff Rosenberger and other guest speakers will be held in the Statehouse Atrium. Memory Day isn’t just for seasoned advocates or people who like to talk to politicians. Memory Day participants are as diverse as the journey with Alzheimer’s. Persons in the early stages of Alzheimer’s should attend and share their experience, caregivers should attend and speak to the realities of the disease process and whether they have benefited from the Association’s free services, and professionals working in the dementia field should attend to talk about what resources they still need to offer the best quality care for individuals with Alzheimer’s and dementia. Most importantly, we need anyone who’s been touched by Alzheimer’s disease and dementia to remind our state lawmakers that we still need their help in fighting this devastating disease. Interested in participating at Memory Day? Contact our advocacy coordinator, Caitlin, at cpurk@alz.org.

PREPARING FOR FORUM

The Alzheimer’s Association AIM Advocacy Forum is the nation’s premier Alzheimer’s disease advocacy event. Seventeen advocates from Central Ohio will join individuals from across the country in Washington, D.C. for an inspiring three-day event June 17-19. In preparation of the 2018 Forum, advocates from our Chapter have met with staff in Senator Sherrod Brown, Congresswoman Joyce Beatty, and Congressman Steve Stivers’ offices recently. The groups of advocates shared their personal connections to Alzheimer’s and discussed the need for increased commitment to Alzheimer’s research funding and the Building Our Largest Dementia Infrastructure (BOLD) for Alzheimer’s Act (S. 2076/H.R. 4256). The BOLD Act would enable public health officials to focus on Alzheimer’s public health issues such as increasing early detection and diagnosis, reducing risk and preventing avoidable hospitalizations.
Besa, a Columbus-based connector of community members to local charities, has been doing good for the greater good for more than five years including supporting the Alzheimer’s Association. Besa uses personal outreach and corporate relationships to provide reliable volunteer groups to charities in the Columbus community.

Over the last year, more than 75 new volunteers, including associates from Jeni’s Ice Cream and Express, have been connected to our Chapter through several projects with Besa. Besa volunteers have made no sew t-shirt blankets to thank lead supporters of the Walk to End Alzheimer’s, assisted at the Memory Wall at the 2017 Columbus Walk, and painted terracotta pots to promote the Columbus Walk. All of the projects completed have helped raise the level of Alzheimer’s awareness in our community.

“I know we are guaranteed to have a dedicated and wonderful group of volunteers if Besa is involved. We are grateful for all Besa does to encourage Columbus residents to think about the amazing impact they can have on the community by volunteering and supporting those in need,” says Caitlin Purk, advocacy and volunteer coordinator. A big thank you to Besa for your work to engage the Columbus community in our cause. The Association is lucky to have you fighting to end Alzheimer’s.
TRANSITIONING FROM CARE PARTNER TO CAREGIVER

When an individual with a diagnosis of Alzheimer’s or a related Dementia transitions from the early stages to the middle stages of their diagnosis you may also notice changes in your role as a caregiver. As the caregiver, you may start to experience your physical demands increasing, such as: taking over paying the bills, providing transportation, cooking, making appointments, or providing more supervision than before. Caregiving can be a demanding job, and it is normal to feel like you need a break, or need assistance. A way of obtaining assistance is through respite. Respite care provides a temporary break from caregiving, while the individual with the diagnosis is able to receive care in a safe environment. Using these services gives you time with your family and friends, time to take care of errands or going to the doctor, and ultimately comfort knowing that your loved one is spending quality time with a caring individual while interacting with others going through similar experiences. Some of the ways respite care can be provided is through attending adult day care facilities, a respite stay at a nursing facility, or in-home care services. The Central Ohio Alzheimer’s Association offers respite through a number of support groups throughout the 14 counties we serve. Visit us online at alz.org/centralohio or call our 24-7 helpline to find a support group with respite near you. Registration is required for respite, so make sure to call 614.457.6003 in advance.

EARLY TO MIDDLE STAGE TRANSITION SIGNS

- Mixing up the identities of close friends or family
- Inappropriate behaviors or loss of impulse control
- Needing assistance with daily tasks
- Confusion of where they are or what day it is
- Wandering

Visit us online to learn about more transition signs

CREATE A LASTING LEGACY

Your support of the Alzheimer’s Association reflects your values and belief that the end of Alzheimer’s starts with you. If you want your legacy to play a role in the fight against this disease, consider leaving a gift in your will or trust. Creating a lasting legacy is easy, and your gift costs you nothing now. To leave a gift for the Alzheimer’s Association Central Ohio Chapter in your will or trust, please contact Matt Levering at mlevering@alz.org or 614.442.2011.
EDUCATION PROGRAMS

To ensure you find the right program for you, registration for all events is required. Call our 24/7 Helpline at 800.272.3900 or visit alz.org/centralohio

MONTHLY PROGRAMS

WHAT’S NEXT? WE CAN HELP
Increase your understanding of memory loss, dementia and Alzheimer’s, while learning about the Central Ohio Chapter programs and services. C G

Each session takes place at the Chapter office:
1379 Dublin Rd. Columbus, Ohio
• Wednesday, April 11 at 10 a.m.
• Wednesday, May 16 at 2 p.m.
• Wednesday, June 6 at 4 p.m.

FIRST FRIDAYS
Monthly community education lunch and learn lectures relating to individuals with Alzheimer’s disease and their caregivers. Socialization and activity program is available for individuals with dementia to attend while the care partner attends the lecture. Please visit alz.org/centralohio for list of session topics. C LW P

Each session takes place the First Friday of the month from 11:30 a.m. to 1 p.m. at the Worthington United Methodist Church: 600 High St. Worthington, Ohio
• April 6 - Planning ahead: end of life care decisions
• May 4 - Evaluating your home and other safety considerations
• June 1 - How to talk to your children about dementia

PROGRAM SERIES

JOURNEYS: CREATING CONFIDENT CARE PARTNERS, A LIVING WITH ALZHEIMER’S EARLY STAGE SERIES
This seven-week educational and supportive series will explain the whats, whys and hopes to individuals with early stage memory loss and their care partners. C LW

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• A new seven-week class is forming.
For more information contact Katie Gabriel at kgabriel@alz.org

LIVING WITH ALZHEIMER’S EARLY STAGES FOR CARE PARTNERS
In the early stage of Alzheimer’s disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this three-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with a loved ones diagnosis. G C

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Spring class is forming. Please contact Michelle Crum at mcrum@alz.org.

LIVING WITH ALZHEIMER’S MIDDLE STAGES FOR CARE PARTNERS
In the middle stage of Alzheimer’s disease, those who were care partners now become hands-on caregivers. Join us for this three-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer’s. G C

ASBURY UNITED METHODIST CHURCH: 55 W Lincoln Ave, Delaware, Ohio
• Part 1: Thursday, April 19 at 1 p.m.
• Part 2: Thursday, April 26 at 1 p.m.
• Part 3: Thursday, May 3 at 1 p.m.

LIVING WITH ALZHEIMER’S LATE STAGES FOR CARE PARTNERS
In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us for this two-part series and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer’s and their families. G C

CHAPTER OFFICE: 1379 Dublin Rd. Columbus, Ohio
• Part 1: Thursday, May 31 at 1 p.m.
• Part 2: Thursday, June 7 at 1 p.m.

Please visit alz.org/centralohio for the most up-to-date program listings/topics and for complete listings of our support groups in the 14 counties we serve.

Program support provided by: Central Ohio Area Agency on Aging, Area Agency on Aging (Districts 5, 7, 8), Franklin County Office on Aging, Harry C. Moores Foundation, Healthcare Foundation of Delaware County, Union County Senior Services and SourcePoint.
ADDITIONAL PROGRAMS

KNOW THE 10 SIGNS
If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease.

**HILLIARD ASSISTED LIVING AND MEMORY CARE**
4303 Trueman Blvd. Hilliard, Ohio
- Monday, June 19 at 3 p.m.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIORS
Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

**WORTHINGTON CHRISTIAN VILLAGE:**
165 Highbuff Blvd. Columbus, Ohio
- Monday, April 23 at 6:30 p.m.

PRACTICAL TIPS FOR COMMUNICATION AND SAFETY
Alzheimer’s disease and related dementias can gradually diminish a person’s ability to communicate and use good judgement. This presentation will provide techniques for improving communication and modifying the environment for optimal safety.

**CHAPTER OFFICE:** 1379 Dublin Rd. Columbus, Ohio
- Thursday, April 26 at 12:30 p.m.

HEALTHY LIVING FOR YOUR BRAIN AND BODY
If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease.

**PHILIP HEIT CENTER FOR HEALTHY NEW ALBANY**
150 W Main St. New Albany, Ohio
- Wednesday, April 4 at 6:30 p.m.

**WINDSOR SENIOR CENTER**
376 Rosehill Dr. Marysville, Ohio
- Thursday, April 19 at 2 p.m.

**RICHWOOD CIVIC CENTER**
235 Grove ST, Richwood, Ohio
- Friday, June 22 at 10:30 a.m.

DEMENTIA CONVERSATIONS
Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer’s and connects you with helpful resources to enhance quality of life for everyone involved.

**BERGER HOSPITAL COMMUNITY ROOM:**
1058 E Main Street, Newark, Ohio
- Tuesday, April 10 at 6 p.m.

**DEMPSEY FAMILY RESOURCE CENTER**
3535 Olentangy River Rd, Columbus, Ohio
- Tuesday, June 26 at 1 p.m.

LEGAL AND FINANCIAL PLANNING FOR CAREGIVERS
If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Legal and Financial Planning for Alzheimer’s Disease is a workshop, presented by the Alzheimer’s Association, for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place.

Multiple dates and locations. Visit us online for more details
- Monday, April 9 at 6:30 p.m.
- Tuesday, May 8 at 2 p.m.
- Tuesday, April 10 at Noon
- Wednesday, May 9 at 6:30 p.m.

TALK WITH A DOC
Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This program will review behaviors that may be exhibited by someone with dementia, when it is safe to use medication and when it is important to find the root cause of the behaviors.

**UNION COUNTY SENIOR SERVICES CONF ROOM A**
940 London Ave. Marysville, Ohio
- Wednesday, June 13 at 3 p.m.

MIND DIET
Healthy eating is more than just good for the body—it’s good for the brain! The MIND (Mediterranean–DASH Intervention for Neurodegenerative Delay) diet may help prevent dementia and improve cognitive health as you age. Join Amy Keller, MS, RDN, LD, registered dietitian to learn all about what MIND can do for you!

**WINDSOR SENIOR CENTER**
376 Rosehill Dr. Marysville, Ohio
- Thursday, May 17 at 2 p.m.
5.7 MILLION
Americans are living with Alzheimer’s
BY 2050, this number is projected to rise to nearly
14 MILLION

EARLY AND ACCURATE DIAGNOSIS
COULD SAVE UP TO
$7.9 TRILLION
in medical and care costs

EVERY 65 SECONDS
someone in the United States develops the disease

2018

Between 2000 and 2015 deaths from heart disease have decreased
11%
while deaths from Alzheimer’s disease have increased
123%

FACTS AND FIGURES