

May 2024

The Empowered Caregiver: New Education Program for Dementia Caregivers Released

The Empowered Caregiver is a new educational series from the Alzheimer's Association® designed to teach caregivers how to navigate the responsibilities of caring for someone living with dementia. Courses can be completed individually or as a series. Topics include building foundations of caregiving, supporting independence, effective communication strategies, responding to dementia-related behaviors, and exploring care and support services. Public health practitioners are encouraged to share this resource with caregivers in their communities. For more information, visit alz.org/empoweredcaregiver. Register for the webinar — *ALZ Talks: Becoming an Empowered Caregiver* — to explore this program further.

May 22 at 11 a.m. ET



[Register Now](#)



Data Spotlight

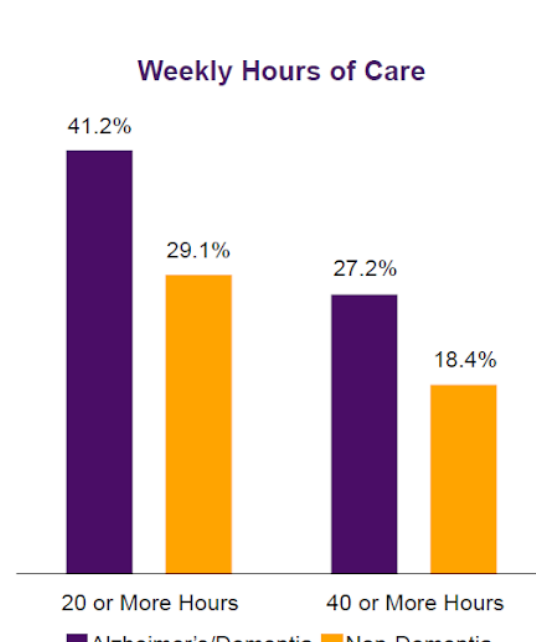
Dementia Caregiving Involves Many Hours Over a Long Period of Time

Analysis of data on dementia caregiving from the 2021-2022 Behavioral Risk Factor Surveillance System (BRFSS) reveals that middle-aged women (35-64) predominantly shoulder the responsibilities of caregiving for individuals with dementia. The findings, from the 47 states that collected the caregiving data in 2021 or 2022, show:

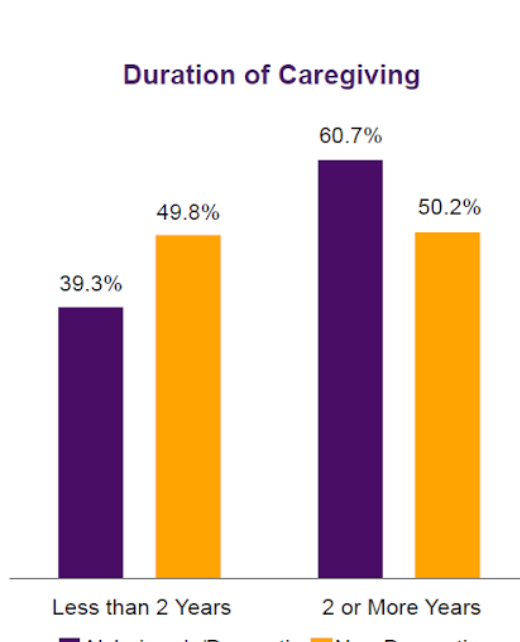
- Among dementia caregivers, 66.1% help manage personal care (such as feeding, dressing and bathing) and nearly 85% of dementia caregivers help manage household activities (such as cleaning, managing money or preparing meals).
- More than 1 in 4 dementia caregivers are providing 40 or more hours of care per week. Dementia caregivers are about 50% more likely than other caregivers to have this higher level of demand on their time.
- Sixty percent of dementia caregivers have been providing care for at least two years, and nearly one-third have been providing care for at least five years.

[View Fact Sheet](#)

Weekly Hours of Care



Duration of Caregiving



New State-Based BRFSS Fact Sheets Available

Fact sheets are now available for states with data from the latest BRFSS Caregiver and Cognitive Decline Modules. Contact publichealth@alz.org for your state's current BRFSS data.

[Contact Us](#)

Public Health and Dementia Caregiving: Online Curriculum Module Explains Public Health Implications

[Public Health and Dementia Caregiving](#) is a free online learning module that helps public health students and practitioners learn about the public health implications of dementia caregiving. This module explains dementia caregiving, caregiving challenges and public health's role in offering support. This course and others are available from the Alzheimer's Association.

[View Course](#)

Progress Continues on Updated HBI Road Map for Indian Country

To advance the vision that everyone deserves a life with the healthiest brain possible, the second edition of the *Healthy Brain Initiative: Road Map for Indian Country* — to be renamed the *Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples* — is underway. Read about the development process and how this new document will build on the advances and momentum of public health conversations among American Indian and Alaska Native peoples.

[Read Update](#)



Research Roundup

Dementia Caregivers Face Sleep Challenges

Caregivers of people living with dementia often experience sleep disturbances due to the responsibilities of caregiving, according to a recent systematic review published in [Clinical Gerontologist](#). Researchers found that caregiver sleep quality was affected by the severity and type of cognitive and functional impairment of the person living with dementia. But, researchers also noted, many causes of these sleep disturbances are modifiable and thus ripe for interventions to improve sleep quality.

[Read More](#)

Brain Health Tip



Sleep well. Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider. Learn more at alz.org/healthyhabits

Input Requested: World Alzheimer Report Survey Due by May 31

Alzheimer's Disease International is conducting a global survey on attitudes and beliefs about dementia. The survey is open to the general public, and individuals with dementia, caregivers, and health care professionals are particularly encouraged to participate.



[Learn More](#)



Upcoming Events

AAIC 2024

July 28-Aug. 1 Philadelphia, PA

The [Alzheimer's Association International Conference® \(AAIC®\)](#) is the largest international meeting dedicated to advancing dementia science and clinical practice. AAIC 2024 will feature more than 750 podium presentations and 4,500 posters focusing on basic science and pathogenesis, biomarkers, clinical manifestations, drug development, public health, dementia care and more. In-person and online programming is available.

ALZHEIMER'S ASSOCIATION | AAIC>24 JULY 28-AUG. 1
PHILADELPHIA, USA, AND ONLINE
 Preconferences: July 26-27 > Exhibits: July 28-31
 Register now at alz.org/AAICphilly.

Improving Public Health Action on Brain Health: A Public Health Center of Excellence Workshop on How to Effect Change

July 26, 9 a.m.-4 p.m. ET

This workshop at AAIC 2024 offers an opportunity to learn and discuss effective public health actions for brain health. It is open to researchers and public health practitioners who want to learn more about driving action on this topic. Attendance is free, and a limited number of travel scholarships are available for state, local, and tribal public health officials. Workshop attendance does not require participation in the full AAIC conference.

[Register Here](#)

Showcasing the Alzheimer's Association Public Health Efforts at NACCHO 360

July 23-26 Exhibit Hall E — Booth #135

Explore the public health work of the Alzheimer's Association at the [NACCHO 360](#) conference. Meet the Association's public health team and learn about local strategies for integrating Alzheimer's and dementia care into public health frameworks.

Integration of Healthy Aging Indicators Guide and Healthy Brain Initiative (HBI) Road Map to Advance Healthy Aging and Brain Health Through Community Health Improvement Processes

Thursday, July 25 1:30-3 p.m. ET

Featuring speakers from the Alzheimer's Association, Trust for America's Health, and the National Association of County and City Health Officials (NACCHO), this session will explore how healthy aging and brain health are crucial components of population-level public health planning through community health assessment, community health improvement processes, and engaging in cross-sectoral partnerships.

[Learn More](#)

Recordings

Screening and Diagnosis of Alzheimer's and Related Dementias

Watch the recording of [Screening and Diagnosis of Alzheimer's and Related Dementias](#) to learn about trends in dementia epidemiology and effective screening strategies for cognitive impairment. This recording is part of the *Navigating Brain Health and Dementia* series from the [American Medical Association](#), in collaboration with the CDC and the Alzheimer's Association.

[Watch Recording](#)

Get Started at alz.org/PublicHealth



HBI Road Map



State Resources and Data



10 Healthy Habits for Your Brain



HBI Road Map for Indian Country



Public Health and Dementia Curriculum



10 Early Signs of Alzheimer's

The Healthy Brain Initiative is supported by the Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$11,423,732 with 100 percent funding by CDC/HHS. The contents are those of the Alzheimer's Association and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementias.

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