Alzheimer's: Public Health Crisis
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What is Dementia?

A syndrome that describes a group of symptoms which can be reversible or progressive
Dementia itself is not a disease or a specific diagnosis
Dementia is not a part of the normal aging process

Implications of Cognitive decline

• Short Term Memory and Reasoning = Safety
• Decision making skills impaired – at risk
• Personality change – relationships change
• Behaviors complicate
• Losing their way
Alzheimer's Science

Prevention & Brain Fitness

Causes & Treatments

Early detection

Alzheimer's Treatments

Aricept, Exelon, Razadyne
Memantine (Namenda)
Medical foods - Axona

Mental and physical stimulation
Psycho-social support, education and planning

Risk factors for Alzheimer's

Age
Lifestyle
Stroke
Genes
Head injury
Gender

Alzheimer's Association
Genes & Alzheimer’s

- Late onset genes
- ApoE 4
- Presenilin 1 & 2
- Sporadic AD

Where are we going?

- Early Identification
- Genetic Testing
- Brain Scans (PET & MRI)
- Cerebral Spinal Fluid Aβeta
- Biomarkers
Prevention & Risk Reduction

Heart health, exercise, cardiovascular disease, obesity, diabetes, anti-hypertension medications (Beta blockers)

Brain stimulation, education, novelty

Nutrition, vitamins, anti-oxidants, Omega 3's, Mediterranean Diet

Social & emotional wellbeing

Helping Families Cope

Multi-faceted approaches work best (NYU, REACH, Savvy)

Depression is common

Anticipating problems & learning new skills helps

Why Focus on Alzheimer's?
• 37,000 Nevadans with Alzheimer’s disease.
• Over the next 10 years, the number of Nevadans with Alzheimer’s disease is expected to increase by 73%.
• In 2013, 137,000 Nevada caregivers provided 156 million hours of unpaid care, valued at over $1.9 billion, to someone with Alzheimer’s or another dementia.

THE most costly disease in America.

• Alzheimer’s = $214 Billion

Women are at the epicenter of this crisis -

Almost two-thirds of American seniors living with Alzheimer’s disease are women.
5.4 Million

NIH Research Funding, 2014
In Millions of Dollars

The Great Equalizer
National Alzheimer’s Project Act (NAPA)

• Accelerate the development of treatments, with the goal of being able to prevent or effectively treat Alzheimer’s Disease by 2025
• Improve early diagnosis, care coordination and treatment of Alzheimer’s disease.
• Improve outcomes. Improve care quality and efficiency
• Expand supports for people with Alzheimer’s Disease and their families
• Enhance public awareness and engagement

Alzheimer’s Accountability Act

Require the National Institutes of Health (NIH) to submit a “Professional Judgment Budget” to Congress, showing how much money the scientists at NIH believe is needed that year to continue implementing the blueprint for Alzheimer’s research set out in NAPA.

HOPE for Alzheimer’s

• Improve diagnosis and care planning
• Bundle Medicare coverage for services
  – Clinical diagnosis
  – Documentation
  – Care planning
President’s Budget

- $122 Million for Alzheimer’s Research, Care and Support – recent budget
  - $100 Million to the baseline for NIH
- $200 Million for this next year’s budget

Nevada State Plan

- Made 21 recommendations to state policymakers in 2013
- Includes 6 recommendations related to training of family and professional caregivers, health care providers and first responders.
- State Task Force on Alzheimer’s Disease (TFAD) now developing options for implementing those recommendations.

Training Needed in all areas

- Listening Session August 20
- Delayed diagnosis – early stage individual
- PMD’s who didn’t know what to tell people
- First responders called in to deal with difficult behaviors
- Need for training of staff in care facilities
Changing the trajectory

- Improving the way care is delivered
- Engaging the government to increase funding
- Awareness and Education
- Creating a movement to influence change

Dementia Friendly Communities

- https://www.youtube.com/watch?v=LfrnWrpPq54
  &feature=player_embedded
  England

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it’s the only thing that ever does.”
- Margaret Mead
Walk to End Alzheimer’s

Sparks Marina – September 27

Las Vegas, Fashion Show Mall, Oct 25

Resources

• www.alz.org
• www.alzheimer’s.gov
• www.nia.nih.gov/alzheimers