

Alzheimer's Disease and The Alzheimer's Association

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

Alzheimer's Association strategic objectives

- Increasing concern and awareness
- Advancing public policy
- Enhancing care and support
- Accelerating research



Alzheimer's is more than “memory loss”

- Progressive, FATAL disease of the brain that destroys brain cells, causing problems with memory, thinking, and behavior.
- 6th leading cause of death in U.S. and Michigan.
- Dementia is a general term and is a decline in cognitive functioning.
- Alzheimer's disease is the most common form of dementia.

Alzheimer's is more than “memory loss”

- 3 stages: pre-clinical, mild cognitive impairment (MCI), dementia due to Alzheimer's
- Alzheimer's disease is thought to begin 20 years or more before symptoms arise.
- Advanced Alzheimer's, cognitive and functional abilities decline: failure to communicate and recognize loved ones, 24/7 care, bed-bound.

Causes of Alzheimer's disease

- Researchers believe there is not a single cause of Alzheimer's disease.
- The disease likely develops from multiple factors, such as genetics, lifestyle and environment. Scientists have identified factors that **increase the risk** of Alzheimer's.
- While some risk factors can't be changed, emerging evidence suggests there may be other factors we can influence.

Risk factors

- **Age:** Most with the disease are 65 and over. After age 65, the risk doubles every five years. After age 85, the risk reaches nearly one-third.
- **Family history:** Those who have a parent, brother or sister with Alzheimer's are more likely to develop the disease. When diseases tend to run in families, either heredity (genetics), environmental factors, or both, may play a role.

Risk factors

- **Head-heart connection:** Strongest evidence links brain health to heart health. Increased risk if high blood pressure, heart disease, stroke, diabetes and high cholesterol.
- **Head injury :** Link between serious head injury and future risk of Alzheimer's disease.
- **Bottom line:** If you have a brain, you are at risk

Mitigating risk

- **Overall healthy aging:** One promising line of research suggests that strategies for overall healthy aging may help keep the brain healthy and may even reduce the risk of developing Alzheimer's.
- These measures include eating a healthy diet, staying socially active, avoiding tobacco and excess alcohol, and exercising both the body and mind.

The progression of Alzheimer's is slow and burdensome

- People age 65+ survive an average of 4-8 years after diagnosis, yet some live as long as 20 years.
- Individuals with Alzheimer's will spend an average of 40 percent of the time in dementia's most severe stage.
- The duration of the disease contributes significantly to the public health impact of Alzheimer's.

Michigan

190,000 people aged 65 and older living with Alzheimer's.

517,000 unpaid caregivers bear the burden of the disease.

589 million hours of unpaid care by Alzheimer's caregivers.

\$7.444 billion is the value of the unpaid care.

MI caregiver data from 2017 BRFSS*

45% of all adults providing unpaid care have been doing so for at least two years.

64.9% manage personal care, such as feeding or bathing.

27.2% of family caregivers have a history of depression

21.4% of family caregivers have “frequent poor mental health.”

**Behavioral Risk Factor Surveillance System*

Impact of Medicaid costs on states

- Seniors with Alzheimer's and other dementias rely on Medicaid at a rate nearly 3x greater than other seniors due to the long **duration of the disease**, the intense **personal care needs** and the **high cost of long-term care services**.
- Medicaid costs of caring for people with Alzheimer's in Michigan - **\$1.422 billion** in 2019.
 - Will increase 20.9% from 2019 to 2025

Nationwide state policy priorities

- Increase public awareness, early detection, and diagnosis
- Build a dementia-capable workforce
- Increase access to home and community-based services (HCBS)
- Enhance the quality of care in residential settings

Increase public awareness



- CDC & Alzheimer's Association
- 25 actions public health leaders can take to promote brain health, better care for people with cognitive impairment, and increase attention to caregivers.
- Working with MDHHS

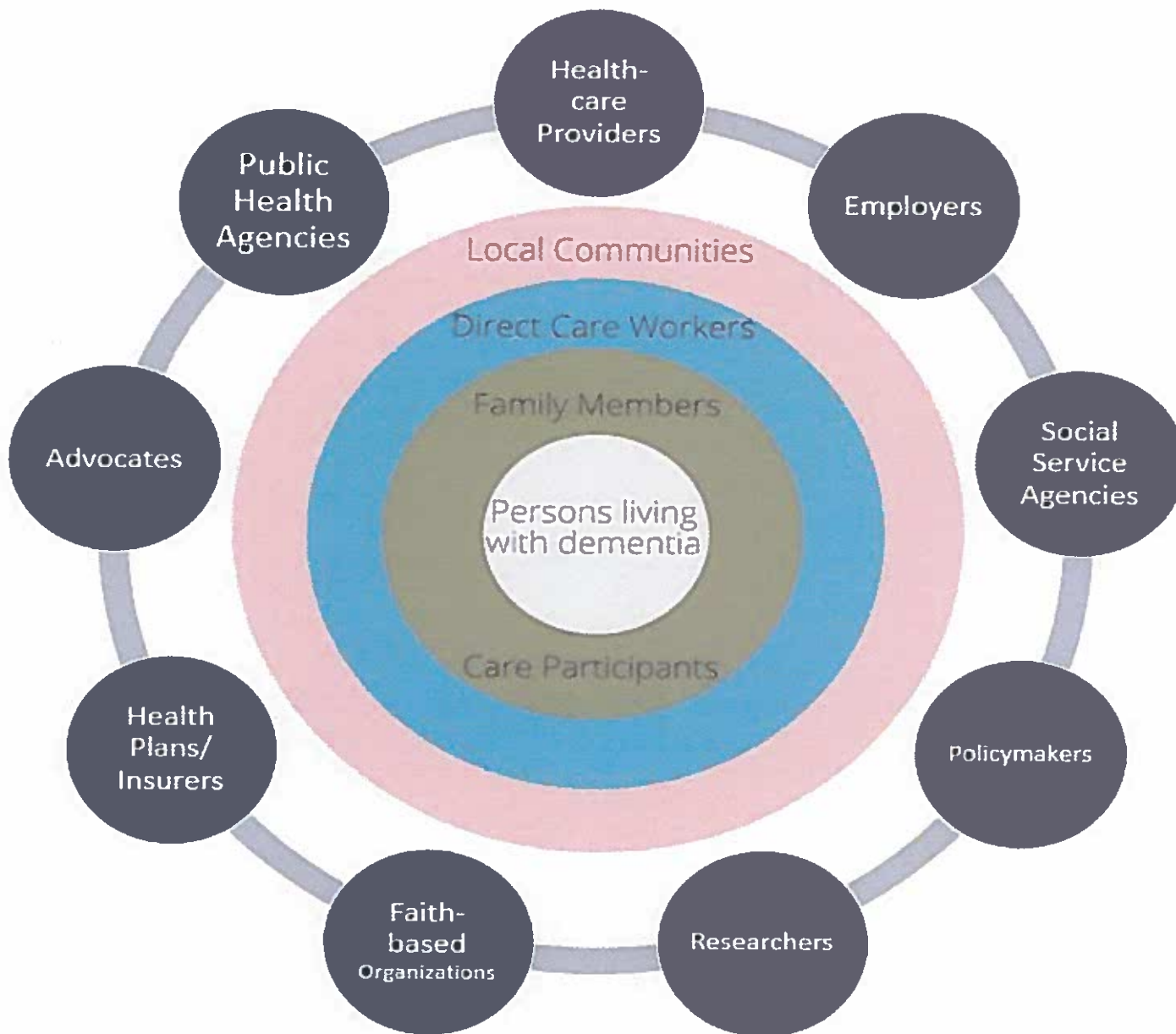


What is a state dementia plan?

- A written report developed by the Michigan dementia coalition
- Provides a set of recommendations towards creating a dementia-capable state
- Will be released **May 15** on Older Michigianians Day

Michigan Dementia Coalition

- A group of organizations and individuals working together to improve quality of life for people living with dementia and their families. Our vision is to make Michigan a dementia capable state.
- Led by the Alzheimer's Association & AARP, members include: U of M, MSU, Wayne State, Area Agencies on Aging, MDHHS, Elder Law of Michigan.



Michigan Dementia Care and Support Program

Pilot project FY 15 – 17:

- 3 Michigan Counties – Monroe, Macomb, and St. Joseph
- Provided social work expertise, in-home care counseling, and person-centered planning for families affected by dementia.
- Aim to delay or prevent long-term care placement and save state dollars
- Program evaluated by the University of Michigan

Michigan Dementia Care and Support Program results

- Reduced long term care placement by 23%.
- Resulted in a 10% reduction in emergency room visits among participants.
- Improved caregiver confidence, particularly in the areas of eating issues, wandering, and sexually acting out.
- Program cost per family: \$3553/9.4 month avg
- Median cost nursing home: \$98,185/year

Michigan Dementia Care and Support Program

FY 20

- Request \$2 million/year to support over 1,000 families in all 83 counties.
- North Dakota: Over a 42-month program period with the state investment of \$2.2 million, the estimated long-term care cost savings due to the contract were \$39.2 million. *(Evaluation by University of North Dakota)*

MI Choice Waiver

- The MI Choice waiver program provides Medicaid-covered long term care services and supports in a residential setting for participants meeting the medical/functional criteria for nursing facility level of care.
- 3,013 Michiganders were on the MI Choice wait list as of January 2019
- MI Choice is 58% less expensive than the Medicaid nursing facility daily rate.

How we can help you help your constituents

- 24/7 Helpline: 800.272.3900
- Educational programs
- Support groups
- Alzconnected.org
- Health system/primary care physician outreach
- Offices: Southfield, Ann Arbor, Flint, Midland, Okemos, Kalamazoo, GR, Muskegon, Traverse City, Marquette

Research

- Largest **nonprofit** funder of Alzheimer's research
- \$160 million invested since 1982
- 450 projects in 25 countries
- Funded researchers at U of M, MSU and Beaumont
- The Alzheimer's Association International Conference® (AAIC®) is the world's largest gathering of Alzheimer's researchers and professionals.

How you can help

- Support the Michigan Dementia Care and Support Program
- Support a funding increase for the MI Choice Waiver
- Support implementation of the state dementia plan
- Join us on our Advocacy Day – May 7
- Join us on Older Michigianians Day – May 15
- **Partner with us**

How you can help

- Raise awareness among constituents
 - June: Alzheimer's and Brain Awareness Month
 - Share information and resources in constituent newsletters and social media
- Refer constituents facing dementia/Alzheimer's to our organization
- Participate in your community's Alzheimer's events such as The Longest Day and Walk to End Alzheimer's

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