

# Alzheimer's Disease and The Alzheimer's Association

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## Alzheimer's Association strategic objectives

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



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## **Alzheimer's is more than "memory loss"**


- Progressive, FATAL disease of the brain that destroys brain cells, causing problems with memory, thinking, and behavior.
- 6<sup>th</sup> 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.

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## 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.

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## 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



**HEALTHYBRAIN INITIATIVE**  
State and Local Public Health Partnerships to Address Dementia: The 2018-2022 Road Map



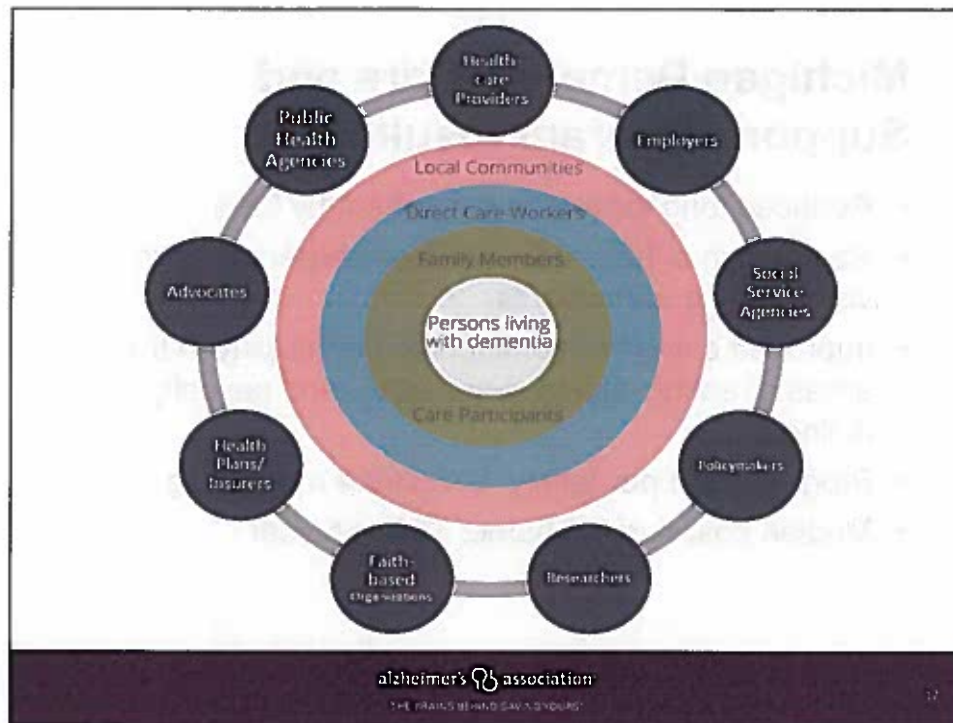
## What is a state dementia plan?

- 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 Michiganians 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.
- Over 3,200 Michiganders remain on wait lists for MI Choice
- 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
- Preserve and protect the MI Choice Waiver
- Support implementation of the state dementia plan
- Join us on our Advocacy Day – May 7
- Join us on Older Michiganians 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 us
- Participate in your community's Alzheimer's events such as The Longest Day and Walk to End Alzheimer's

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