



A PUBLIC HEALTH APPROACH TO ALZHEIMER'S AND OTHER DEMENTIAS

**ALZHEIMER'S DISEASE –
A PUBLIC HEALTH CRISIS**



Emory Centers
for Training and
Technical Assistance



LEARNING OBJECTIVES

- Provide a general description of dementia and Alzheimer's disease
- Explain the current and projected scope of the epidemic
- Discuss the cost burden of Alzheimer's for federal/state governments and individuals/caregivers
- Describe the care burden of Alzheimer's, including caregivers and the health care system
- Identify health disparities related to Alzheimer's and other dementias
- Explain why public health must play a role in addressing the Alzheimer's epidemic



COMPETENCIES

- **Association for Gerontology in Higher Education (AGHE):**
 - 1.3.3 Demonstrate knowledge of signs, symptoms, and impact of common cognitive and mental health problems in late life (e.g., dementia, depression, grief, anxiety).
- **Association of Schools and Programs of Public Health (ASPPH):**
 - Domain 1: Discuss major local, national, and global health challenges.
- **Council on Linkages Between Academia and Public Health Practice:**
 - 2A. Identifies current trends (e.g., health, fiscal, social, political, environmental) affecting the health of a community.
- **National Association of Chronic Disease Directors (NACDD):**
 - Domain 7: Articulate key chronic disease issues.
- **National Commission for Health Education Credentialing, Inc. (NCHEC):**
 - 7.1.1 Identify current and emerging issues that may influence health and health education.

ALZHEIMER'S – PUBLIC HEALTH CRISIS

- Historically viewed as aging or medical issue
- Impact at national, state, and local level
- Multi-faceted approach needed



¹Alzheimer's Association and Centers for Disease Control and Prevention. (2011) *The CDC Healthy Brain Initiative: Progress 2006–2011*.



WHAT IS DEMENTIA?

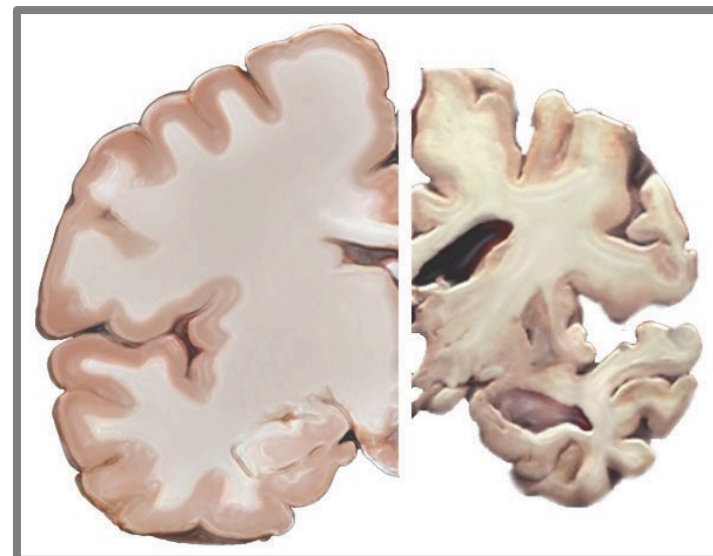
- General term for decline in mental ability severe enough to interfere with daily life
- Affects memory, thinking ability, social ability
- Many dementias are progressive

²Alzheimer's Association. *What is Dementia?* Accessed June 8, 2015 from website: <http://www.alz.org/what-is-dementia.asp#causes>

³National Institute on Aging. (2015) *Alzheimer's Disease Fact Sheet*.

WHAT IS ALZHEIMER'S DISEASE?

- Most common type of dementia
- Accounts for 60%-80% of cases
- Irreversible, progressive brain disorder
- Slowly destroys memory, thinking skills, and ability to carry out basic functions



⁴Alzheimer's Association. *What is Dementia?* Accessed June 8, 2015 from website: <http://www.alz.org/what-is-dementia.asp#causes>

⁵National Institute on Aging. (2015) *Alzheimer's Disease Fact Sheet*.



SCOPE OF THE EPIDEMIC

ALZHEIMER'S DISEASE – A PUBLIC HEALTH CRISIS



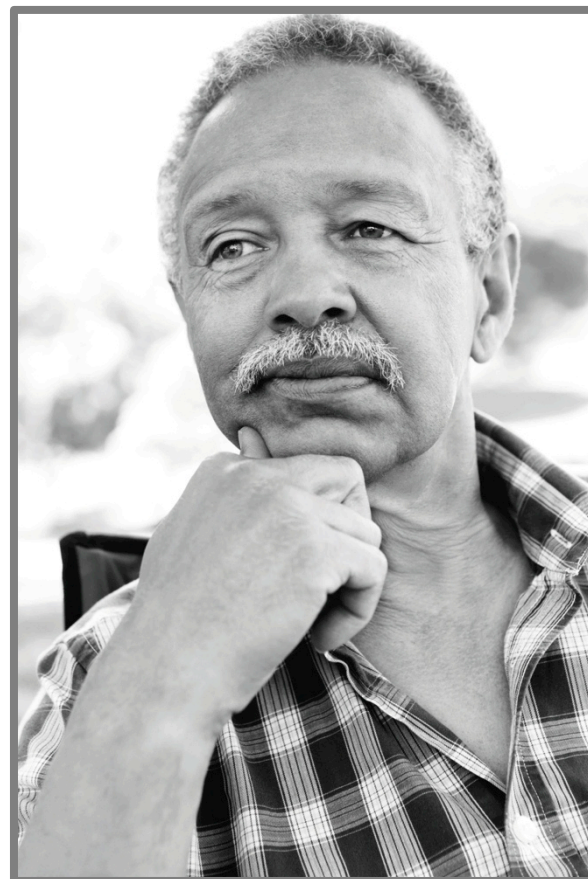
SCOPE OF THE EPIDEMIC (U.S.)

- Over 5 million adults
- 1 in 9 adults age ≥ 65
- 1 in 3 adults age ≥ 85
- 2/3 are women



HEALTH DISPARITIES

- African-Americans and Hispanics have higher rates:
 - African-Americans 2 times more likely
 - Hispanics 1.5 times more likely



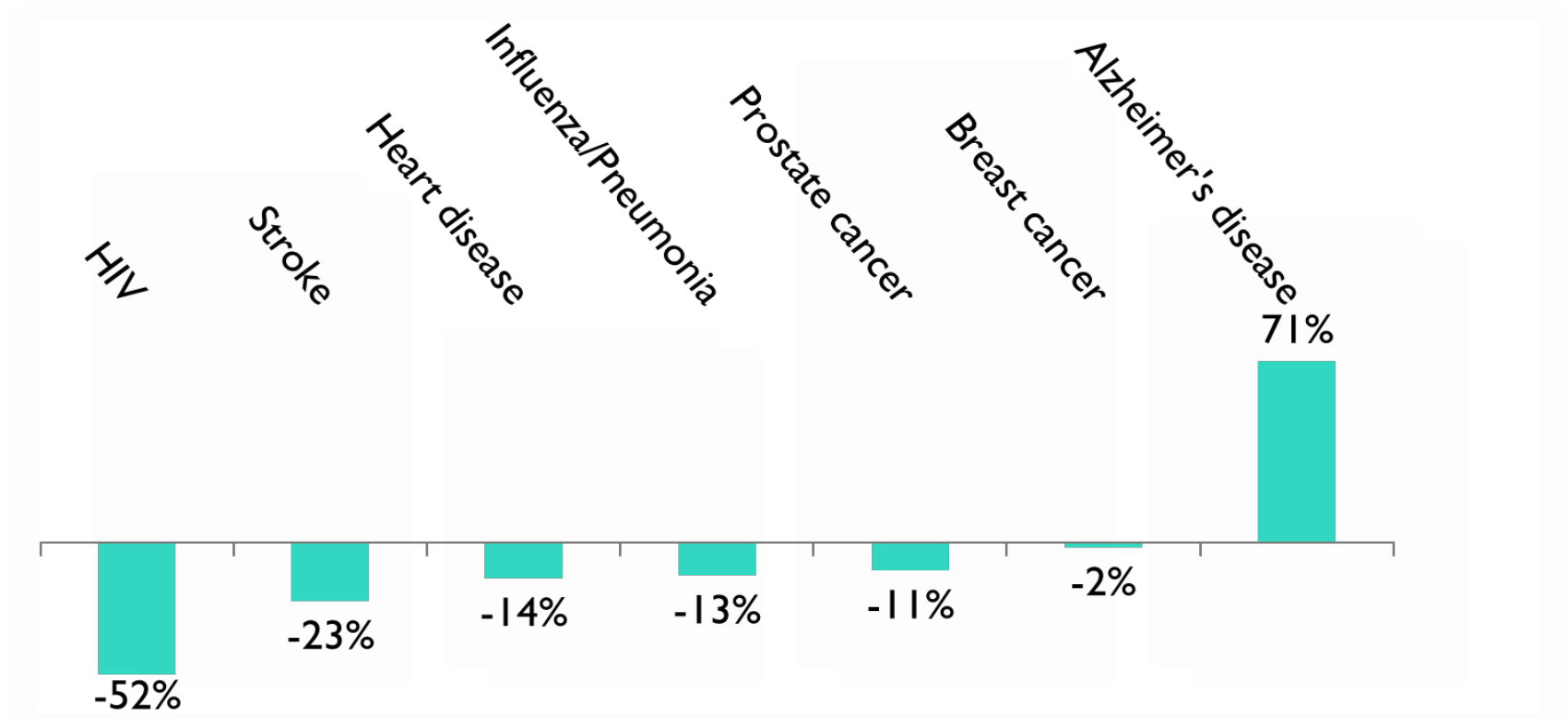


ALZHEIMER'S DEATHS

- 6th leading cause of death
- 5th leading cause among adults age ≥ 65
- Deaths increased 71% from 2000-2013
- Only cause of death among top 10 that cannot be prevented, cured, or slowed



CHANGES IN SELECTED CAUSES OF DEATH (ALL AGES) BETWEEN 2000-2013



⁸ Alzheimer's Association. 2016 Alzheimer's Disease Facts and Figures.

GROWING EPIDEMIC

- By 2030, population age ≥ 65 expected to double
- By 2050, 13.8 million with Alzheimer's
- Today, one new case every 67 seconds
- By 2050, every 33 seconds



¹⁰Alzheimer's Association. *2016 Alzheimer's Disease Facts and Figures*.

¹¹Alzheimer's Association. (2011). *Generation Alzheimer's: The Defining Disease of the Baby Boomers*.



WORLDWIDE EPIDEMIC

- Over 47 million with dementia (including Alzheimer's) in 2015
- Projected to double every 20 years:
 - 76 million in 2030
 - 145 million in 2050
- New case of dementia every 4 seconds



FINANCIAL BURDEN

ALZHEIMER'S DISEASE – A PUBLIC HEALTH CRISIS



FINANCIAL BURDEN: U.S. & WORLDWIDE

- Alzheimer's is the most expensive disease in US
- Annual cost of direct care over \$200 billion
- Worldwide annual costs exceed \$818 billion (2015)



¹³ Alzheimer's Association. 2016 Alzheimer's Disease Facts and Figures.

¹⁴ Alzheimer's Disease International. World Alzheimer Report 2015: The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends



DISCUSSION QUESTION



What are Medicare and Medicaid?

MEDICARE & MEDICAID

- Medicare: federally-funded health insurance
 - Any U.S. citizen or legal permanent resident age ≥ 65
 - People under age 65 with certain disabilities or End-Stage Renal Disease
- Medicaid: funded by federal and state governments
 - Helps with medical costs for some people with limited income and resources





ALZHEIMER'S: MEDICARE & MEDICAID

- Programs pay 70% of health and long-term costs of Alzheimer's disease
- Nearly 1 in 5 Medicare dollars
- Per-person spending for those with Alzheimer's:
 - Medicare: 3 times higher than average
 - Medicaid: 19 times higher than average



¹⁶Alzheimer's Association. *2016 Alzheimer's Disease Facts and Figures*.

¹⁷Alzheimer's Association. (2015) *Costs of Alzheimer's to Medicare and Medicaid*.



ALZHEIMER'S: PROJECTED COSTS (2050)

- Annual costs (US): over \$1.1 trillion
- Annual costs to Medicare: \$589 billion (over 400% increase)
- Out-of-pocket costs: \$198 billion (350% increase)
- Cumulative costs between 2015 and 2050: \$20.8 trillion



CARE BURDEN

ALZHEIMER'S DISEASE – A PUBLIC HEALTH CRISIS



CARE WORKFORCE

- Caregivers (family or friends)
- Health care providers
- Paid care providers





ALZHEIMER'S & DEMENTIA CAREGIVERS

- 83% of the care provided to older adults come from family members, friends or other unpaid caregivers
- 60% of people with Alzheimer's live in home settings
- Over 15 million caregivers (family and friends)
- 18 billion hours of unpaid care annually
- Unpaid care valued at \$221 billion (2015)



DISCUSSION QUESTION



What might be the roles and responsibilities of a caregiver for someone with Alzheimer's disease?

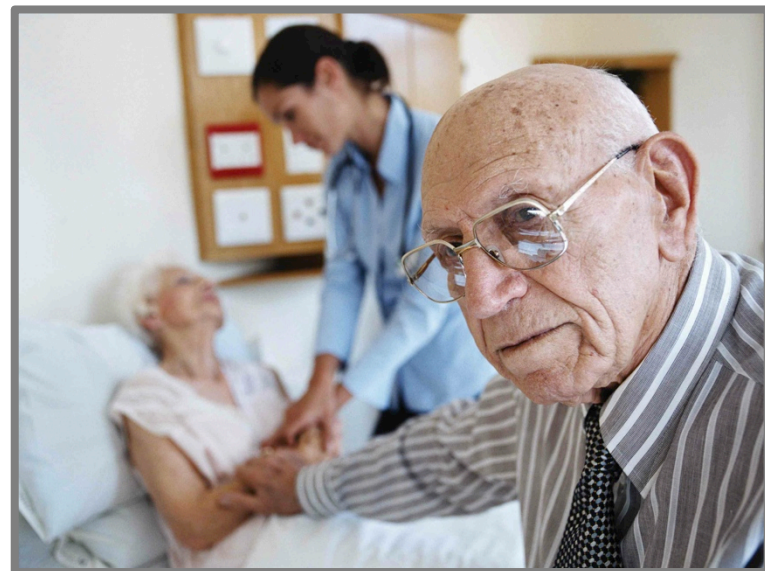


ALZHEIMER'S & DEMENTIA CAREGIVERS

- Caregiving responsibilities:
 - Help with dressing, bathing, toileting, feeding
 - Shopping, meal preparation, transportation
 - Medication management, financial management
 - Emotional support
- Requires increasing levels of care
- Results in complete dependence

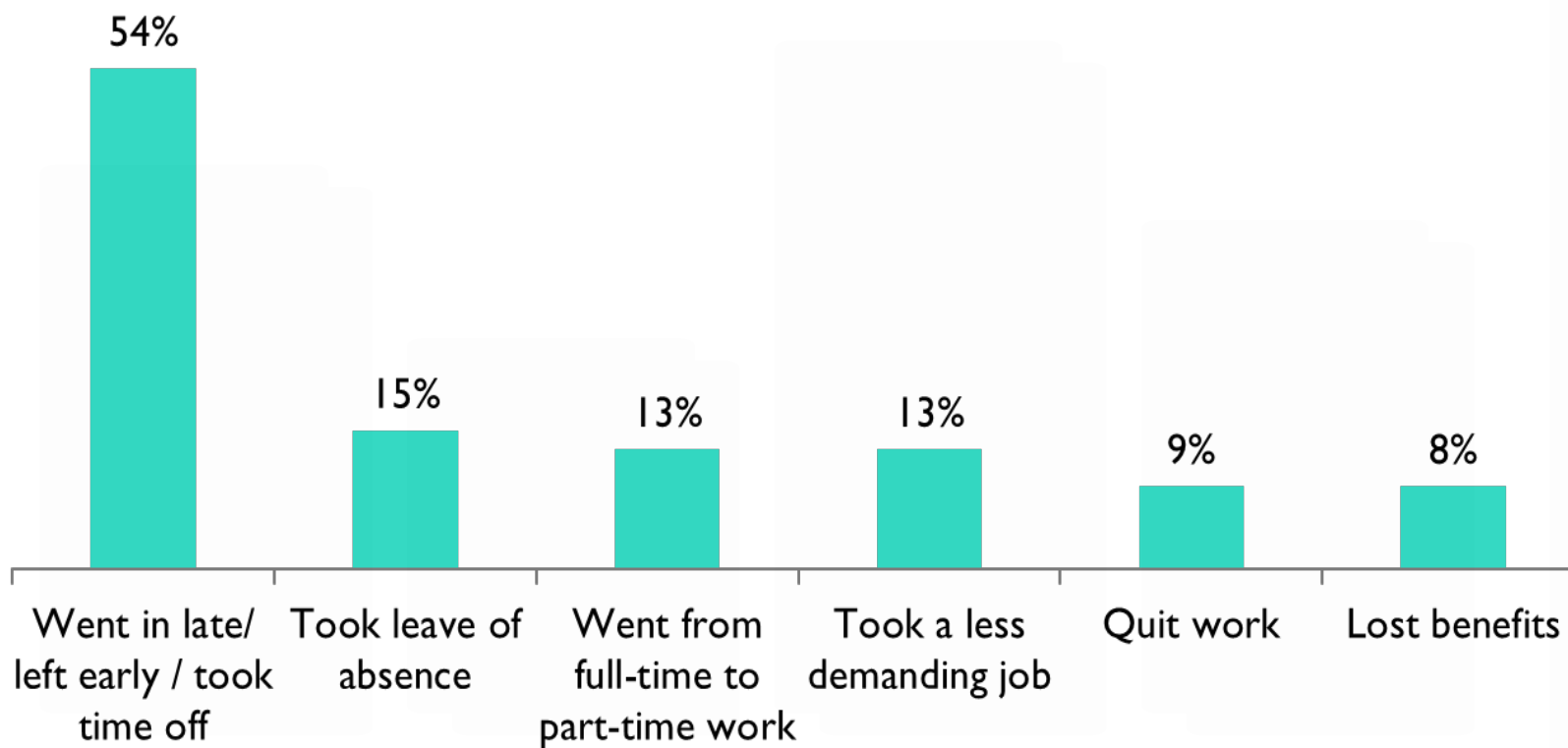
CAREGIVERS: CHALLENGES

- Physical, psychological, social challenges
 - \$10.2 billion additional health care costs (2015)
 - 60% rate emotional stress as high or very high
 - 40% suffer from depression





CAREGIVERS: IMPACT ON WORK



²³Alzheimer's Association. (2016) *Alzheimer's Disease Caregivers*.



CAREGIVERS: LENGTH OF CARE

- 75% had provided care at least one year
- 33% had provided care for five or more years
- Average length of time: 4.6 years
- May range from 4 - 20 years

²⁴Alzheimer's Association. (2015) *Alzheimer's Disease Caregivers*.

²⁵National Alliance for Caregiving & AARP (2009). *Caregiving in the U.S.*

CAREGIVERS: CRITICAL ROLE

- Health care system could not sustain costs of care
- Support for caregivers is a public health issue





HEALTH PROFESSIONALS: SHORTAGE

- Shortage of health care professionals trained to treat older adults
 - Need additional 3.5 million by 2030
 - Currently have half the number of certified geriatricians needed
 - Less than 1% of RNs, PAs, and pharmacists identify as geriatric
- Many not adequately trained for Alzheimer's and dementia

DIRECT CARE WORKFORCE

- Provide majority of care for Alzheimer's (after caregivers)
- Include nurse aides, home health aides, personal-care aides and home-care aides
- Help with daily activities: bathing, dressing, eating
- Typically cost \$20/hour or \$160/day



²⁷Alzheimer's Association. *2015 Alzheimer's Disease Facts and Figures*.

²⁸American Elder Care Research Organization. (2015) *Home Care Financial Assistance and Payment Options*.



DIRECT CARE WORKFORCE: CHALLENGES

- Workforce shortage
 - Over 1 million additional needed by 2018
 - High turnover
 - Recruitment difficult
- Limited training on Alzheimer's and dementia



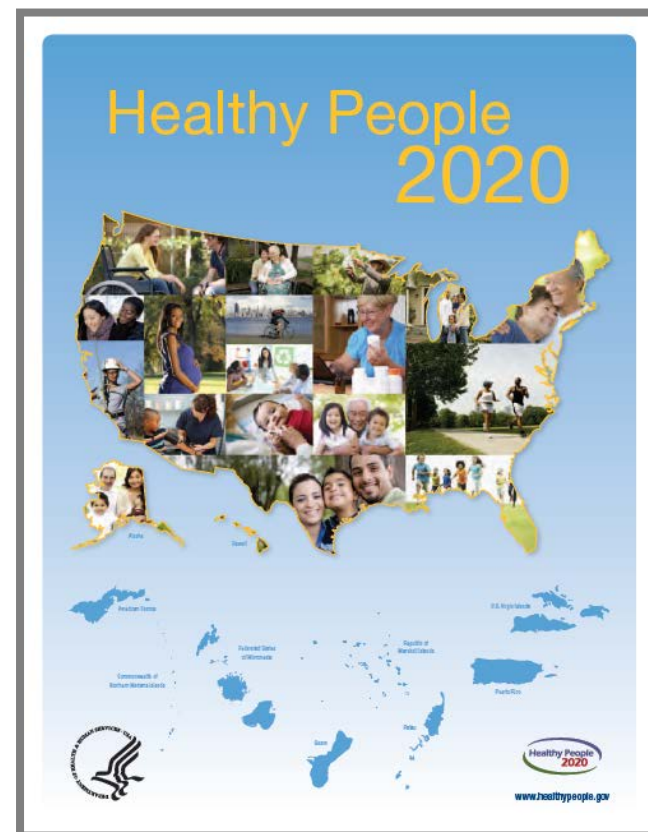
PUBLIC HEALTH APPROACH

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HEALTHY PEOPLE 2020

- Alzheimer's and other dementias included in *Healthy People 2020*
 - Increasing diagnosis and awareness
 - Reducing preventable hospitalizations





ROLE OF PUBLIC HEALTH

- 3 key public health intervention tools:
 - Surveillance/monitoring
 - Primary prevention (risk reduction)
 - Early detection and diagnosis



DEMENTIA CAPABLE SYSTEMS AND DEMENTIA FRIENDLY COMMUNITIES

- Dementia capable systems
 - Public health research and translation
 - Support services
 - Workforce training
- Dementia friendly communities





FOR MORE INFORMATION

For more information, please visit the Alzheimer's Association website at: <http://www.alz.org>

