



# Aging in Place Education and Support for Growing Older at Home



[www.alz.org/hello](http://www.alz.org/hello)



## About the Alzheimer's Association

The Alzheimer's Association leads 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 dementia<sup>®</sup>.



# Impact of Alzheimer's on Caregivers



In 2023, over **11 million Americans** provided unpaid care for people with Alzheimer's or other dementias.



Caregivers provided more than 18 billion hours of unpaid care valued at nearly **\$347 billion**.



Caring for someone living with Alzheimer's can take a **physical, emotional, social and financial toll** on family caregivers.



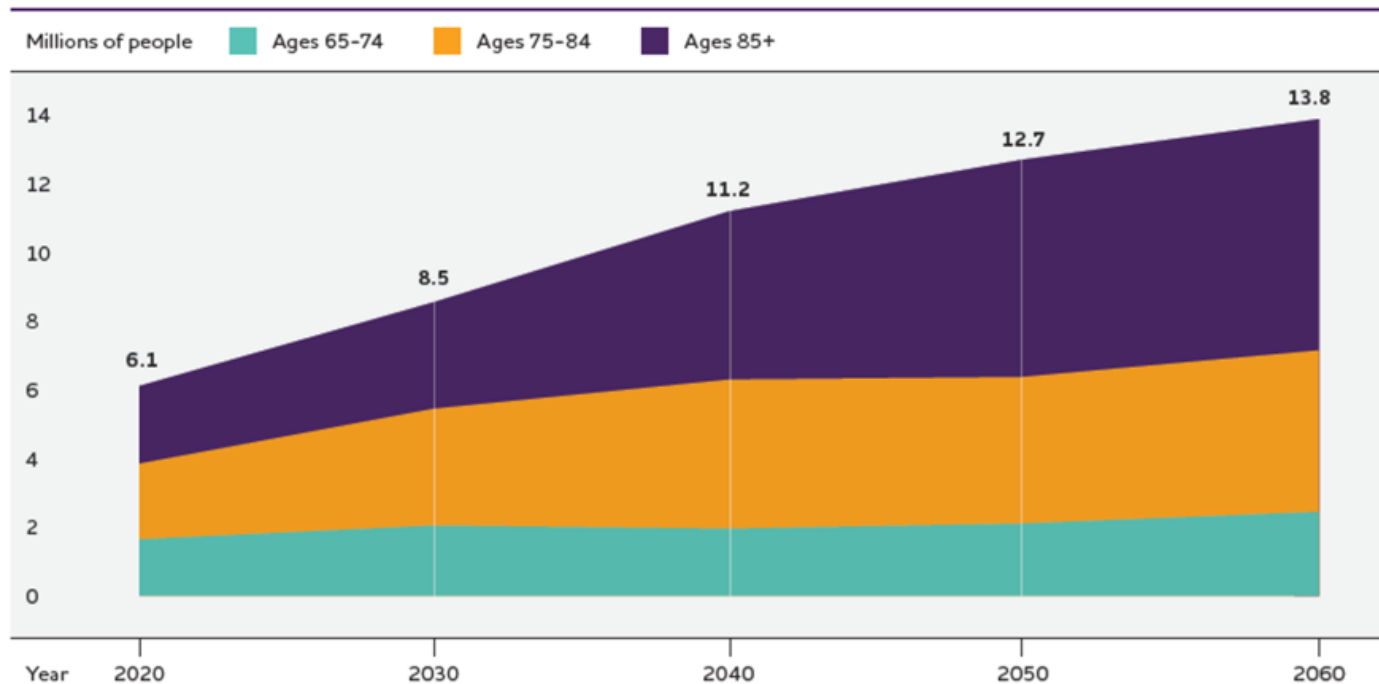
Of the total lifetime cost of caring for someone with dementia, **70% is borne by family caregivers** — either through out-of-pocket expenses or from unpaid caregiving.



59% of family caregivers rated the **emotional stress** of caregiving as high or very high.

# Growing Number of Americans With Alzheimer's

The number of Americans age 65+ living with Alzheimer's is expected to double by 2060.



# What is Aging in Place?

The U.S. Centers for Disease Control and Prevention define aging in place as “the ability to live in one’s home and community safely, independently and comfortably, regardless of age, income, or ability level”

However, aging in place can take planning, modifications and assistance. For individuals with Alzheimer’s disease, this can be more difficult.



# Benefits

- Independence and Autonomy
- Emotional/Psychological Well-being
- Social and Community Benefits
- Financial Advantages
- Health Benefits





## Strategies for Maintaining a Home Environment

- Create a supportive routine
- Familiarity and accessibility
- Implement safety measures

## In-Home Care Options

- Companion Services
- Personal Care Services
- Homemaker Services
- Skilled Home Health Care

# Challenges

- Cognitive decline affecting memory and decision making
- Physical limitations hinder daily tasks
- Financial and medication management
- Inadequate social support
- Isolation and depression
- Escalating costs of care and home adaptations





# Take Charge of Your Brain Health



There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are **actions we can take to improve our brain health.**



Growing evidence shows that **healthy living can lower the risk of cognitive decline and possibly dementia.**



Our brains need to be taken care of at all ages. It is never **too early or too late** to take action to protect brain health.



Protect your head



Challenge your mind



Stay in school



Be smoke-free



Eat right



Control your blood pressure



Manage diabetes



Get moving



Sleep well



Maintain a healthy weight

# 10 HEALTHY HABITS FOR YOUR BRAIN

Learn more at [alz.org/healthyhabits](https://alz.org/healthyhabits)



## **24/7 Helpline**

The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.

## **Free Education and Support**

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

## **TrialMatch®**

The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.

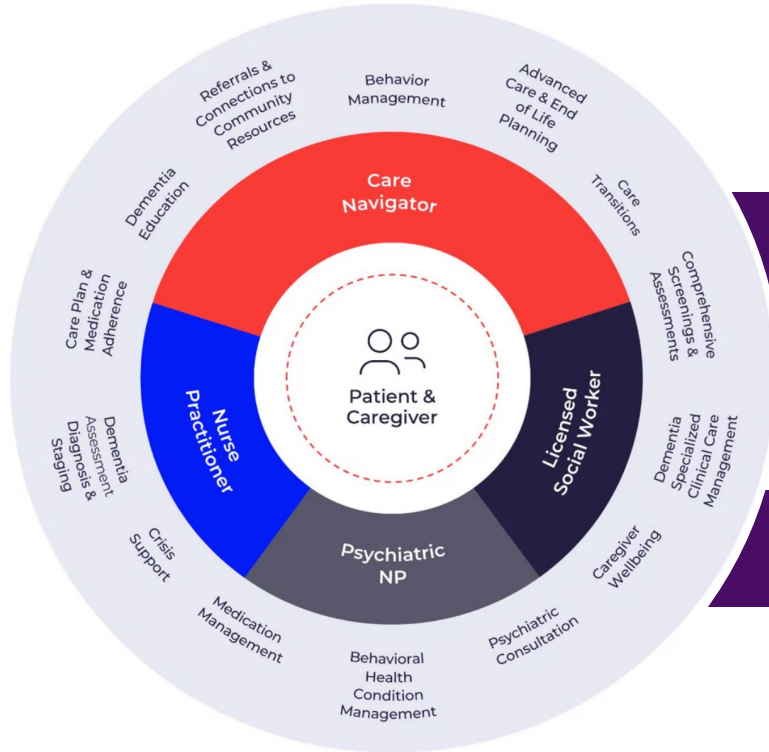
# Support Groups

- Offer a sense of community, connection and sharing.
- Typically held monthly.
- Multiple in-person and virtual meetings held monthly across Missouri
- Visit <https://www.alz.org/greatermissouri/support> or call 800-272-3900



# DEMENTIA CARE NAVIGATION SERVICE

POWERED BY



*The right care.  
The right people.  
The right place.  
The right time.*



**Manage COST**  
Integrated value-based approach to care



**Deliver QUALITY of CARE**  
Build dementia expertise with passionate and dedicated dementia team



**Recognized MARKET LEADER**  
Leverage organization brand and become an extension of your team to help scale

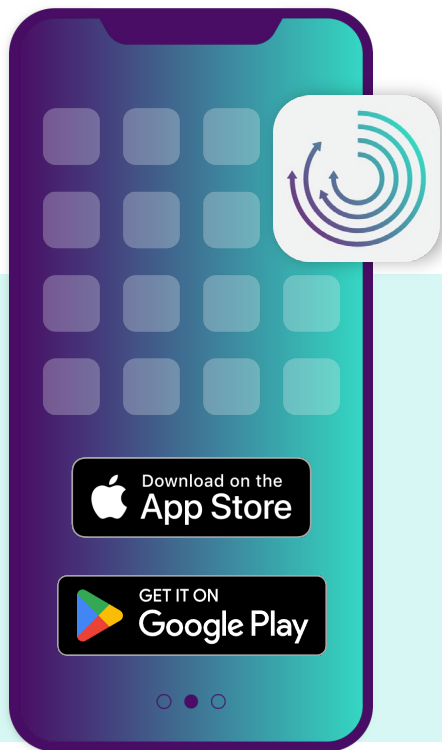
# Missouri Caregiver Program

- Education and Training
- Reimbursement
- Assistive Technology
- Eligibility
  - Diagnosis
  - Must live in Missouri
  - Primary caregiver lives with person living with dementia

(573) 632-2700 x7 or [caregiver@cabllc.com](mailto:caregiver@cabllc.com)



Funding made possible by the Missouri Department of Health and Human Services



## My ALZ Journey

ALZHEIMER'S ASSOCIATION®

**Support, guidance  
and connection for  
newly diagnosed  
people and care  
partners –  
all in one app**



Free mobile app for newly diagnosed individuals and care partners



Provides personalized guidance, trusted resources and local connections



Helps users understand their diagnosis, stay independent and plan for the future



Connects users to their local Alzheimer's Association chapter for programs and support



Built with input from people living with dementia and care partners

# Support Available On-Demand



## 24/7 Helpline + Care Consultation

Around-the-clock  
support from  
trained staff at  
800.272.3900



## alz.org + Online education

Comprehensive  
information about  
Alzheimer's,  
dementia,  
planning, support,  
& local resources



## AlzConnected

Online community  
with forums and  
message boards  
for people living  
with dementia and  
care partners



## AlzNavigator

Guides caregivers  
by creating a  
personalized  
action plan and  
links to  
information, and  
support



# Thank you!

Please scan the QR code or visit [alz.org/hello](https://alz.org/hello) to record your attendance and let us know if you'd like to learn more.

