



# MONDAYS WITH D<sup>R</sup> MARK & D<sup>R</sup> MICHAEL

Monday, July 22, 2024 | 1:00 – 1:45PM

TOPIC #27  
Addressing Dementia in the Workplace



# Guest speakers:



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# The Impact of Alzheimer's & Dementia in Our Community

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



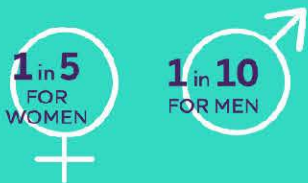


## 2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



OVER **11 MILLION**  
AMERICANS PROVIDE  
**UNPAID CARE**  
FOR PEOPLE WITH  
OR OTHER DEMENTIAS

THE LIFETIME RISK FOR  
ALZHEIMER'S AT AGE 45 IS



NEARLY  
**7 MILLION**  
AMERICANS ARE LIVING  
WITH ALZHEIMER'S

BETWEEN 2000 AND 2021, DEATHS  
FROM HEART DISEASE HAVE

**DECREASED 2.1%**



WHILE DEATHS FROM  
ALZHEIMER'S DISEASE HAVE  
**INCREASED 141%**

**70%** OF DEMENTIA  
CAREGIVERS  
FEEL STRESSED WHEN  
COORDINATING CARE

**AND MORE  
THAN HALF**  
OF CAREGIVERS  
SAID NAVIGATING  
HEALTH CARE IS  
DIFFICULT



IT KILLS MORE THAN  
BREAST CANCER AND  
PROSTATE CANCER

— + —  
**COMBINED**

IN 2024, ALZHEIMER'S  
AND OTHER DEMENTIAS WILL  
**COST THE NATION**  
**\$360 BILLION**  
———— \$\$\$\$\$ ————

BY 2050, THESE COSTS  
COULD RISE TO NEARLY  
**\$1 TRILLION**

THESE CAREGIVERS  
PROVIDED MORE THAN  
**18 BILLION** HOURS  
VALUED AT NEARLY  
**\$347 BILLION**

**3 IN 5** DEMENTIA  
CAREGIVERS

SAY LESS STRESS AND MORE PEACE OF  
MIND ARE POTENTIAL BENEFITS OF  
HAVING A **CARE NAVIGATOR**

**56%** SAY IT COULD  
HELP THEM BE  
**BETTER CAREGIVERS**

For more information, visit  
**alz.org/facts**

These are the **facts**  
about the **Alzheimer's** crisis

# 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.

# Impact of Alzheimer's in the workplace

**6 in 10**

caregivers were employed in the past year.

These individuals worked  
an average of

**35 hours per week**  
while caregiving.



**18%** of caregivers went  
from full-time to part-time  
or cut back hours.



**9%** of caregivers gave  
up working entirely.



**57%**

of employed caregivers  
had to work late, leave  
early or take time off due  
to caregiving demands.



**6%**

of caregivers  
retired early.



**Nearly one-quarter**  
of caregivers are in the  
"sandwich generation"  
meaning they care for an  
aging parent and  
children under 18.

**83%**

of care at home is  
provided by family  
members, friends, or  
other unpaid caregivers.



**Women**

are more likely than men to  
perform caregiving tasks, a  
role which often competes  
with other responsibilities  
such as employment.





# Mission:

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.





# DEMENTIA:

An umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

## Types of Dementia

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- Mixed dementia:  
dementia from more than one cause

# What is Alzheimer's?



Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.



Alzheimer's is a progressive disease, where symptoms gradually worsen over a number of years.



In the early stages, memory loss is mild. But as the disease progresses, individuals will need around-the-clock care. The disease is ultimately fatal.

A close-up, profile view of an elderly Black woman with short, curly white hair. She is looking upwards and to the right with a gentle expression. She is wearing a grey textured scarf.

## Populations at Higher Risk

Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are one and a half times as likely to have the disease as White Americans.

Almost two-thirds of Americans living with Alzheimer's are women.



## 10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgement

9

Withdrawal from work or social activities

10

Changes in mood or personality





# Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.



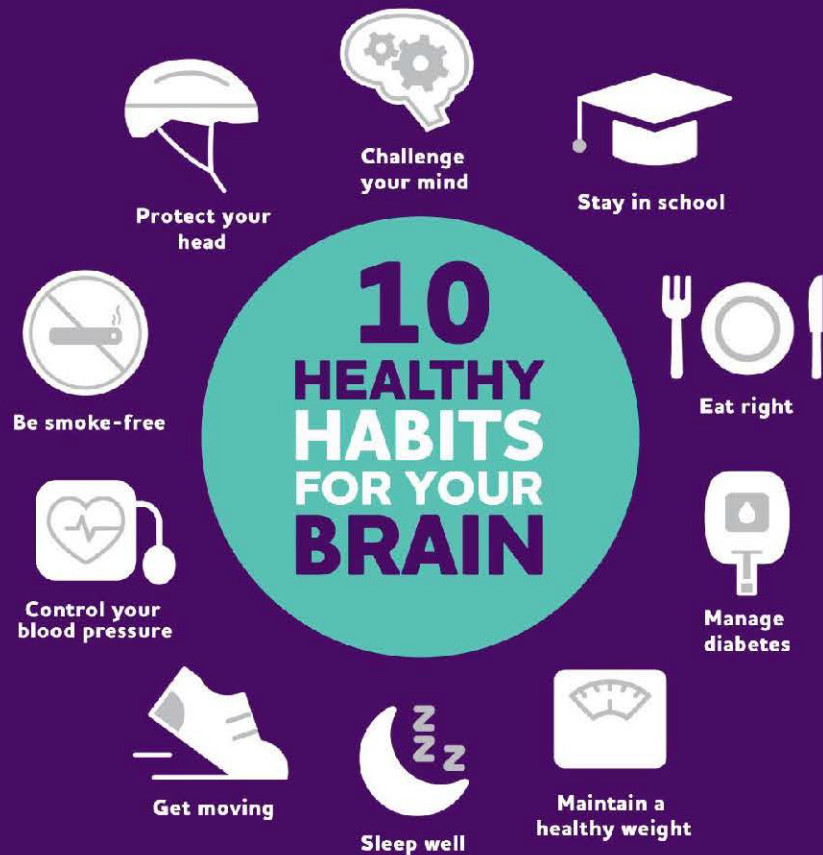
There are a number of benefits to early detection, including the opportunity to:

- Plan for the future
- Explore treatment options
- Participate in clinical studies
- Involve the person with dementia in important discussions about decision-making and future care

# Treatments for Alzheimer's

- Current medications cannot cure Alzheimer's.
- But there are treatments that change disease progression.
- There are also drug and non-drug options that may help treat symptoms, such as memory loss and confusion.
- Treatments may be administered as a pill, patch or intravenously.
- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- Talk to your doctor to learn more about treatment options.
- You can learn more about the different treatments that are currently approved by the FDA at [alz.org/treatments](https://www.alz.org/treatments).





# Reducing Risk of Dementia

- Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia.
- Up to **40%** of dementia cases could be prevented or delayed by targeting modifiable risk factors.
- Research suggests **combining multiple healthy factors** may be the most impactful.
- Nonmodifiable risk factors include age, genetics and sex/ gender/ race/ ethnicity.



# Cognitive impairment in the workplace

Compassionate approaches for  
a hidden but growing concern



## Authors

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# Discussion and Questions



# Making a Difference in Our Community

ALZHEIMER'S  ASSOCIATION™

# How We Help



## 24/7 Helpline

The Alzheimer's Association 24/7 Helpline ([800.272.3900](tel:800.272.3900)) is available around the clock, 365 days a year, free of charge, offering confidential support and information to people living with dementia, caregivers, families and the public.

## Free Education & Support

Find dementia and aging-related resources such as support groups that connect individuals facing dementia at [alz.org](https://www.alz.org).







**WALK  
TO END  
ALZHEIMER'S**

Join today! [act.alz.org](http://act.alz.org)

**THE LONGEST DAY**  
ALZHEIMER'S ASSOCIATION



# How You Can Help



## As an Individual

- Share your personal story as an advocate.
- Help your neighbors by providing education or a support group.
- Get involved in clinical trials or a research study.
- Sign up for one of our fundraising programs.



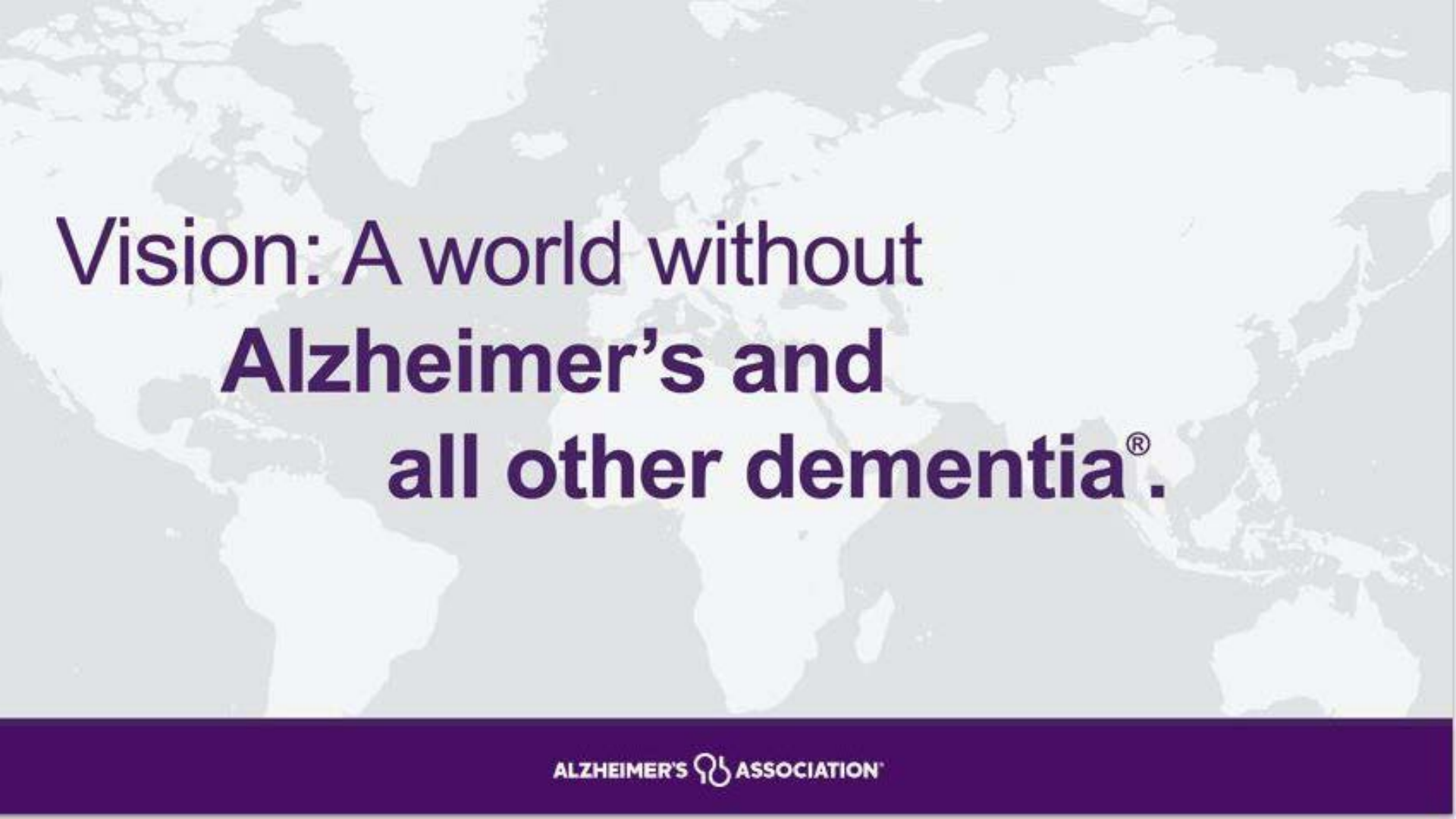
## As an Organization / Group / Business

- Start a team for Walk to End Alzheimer's or another of our fundraising programs.
- Host an educational program or community listening session.
- Share resources with your business associates, neighbors and friends.



## For You and Your Community

- Share our 24/7 Helpline at 800.272.3900
- Get more information and resources at [alz.org](https://www.alz.org)
- Find education, support, and caregiving resources at [alz.org/communityresourcefinder](https://www.alz.org/communityresourcefinder)

A light gray world map is visible in the background of the slide, showing the continents of North America, South America, Europe, Africa, Asia, and Australia.

**Vision: A world without  
Alzheimer's and  
all other dementia<sup>®</sup>.**

**Thank you for joining  
today's Alzheimer's  
Association presentation.**

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



# Questions

## Upcoming NEBGH events

- **July 23** – Championing HealthyNYC
- **August 5** – Mondays w/ Dr. Mark & Dr. Michael
- **August 13** – Shhh! What Women Don't Tell You About Their Health
- **September 12** – Pharmacy Benefits 2024
- **September 26** – Up and Comers BenefitsBlueprint Series: Benchmarking Leave and Time Off
- **November 7** - Advances in Lung Cancer: Progress, Promise, and Workplace Support

