



MONDAYS WITH
D R **MARK &** D R **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

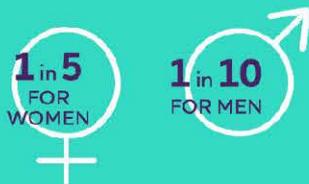


2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



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



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

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

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

IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER
————— + —————
COMBINED

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

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.



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.



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.

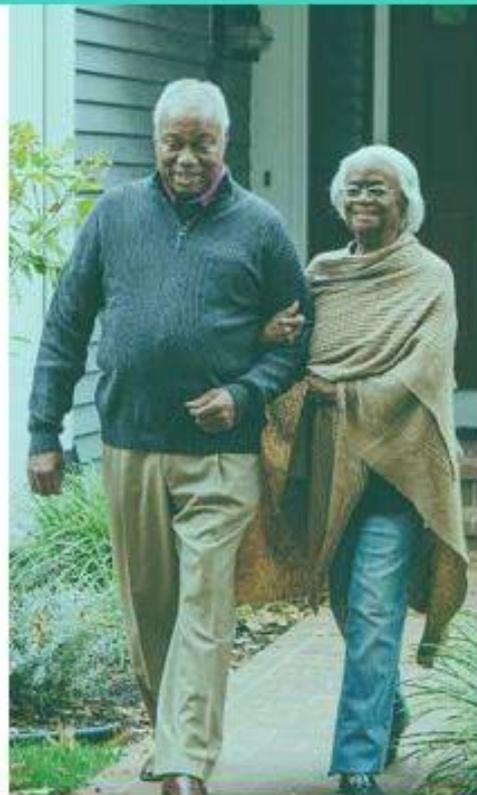


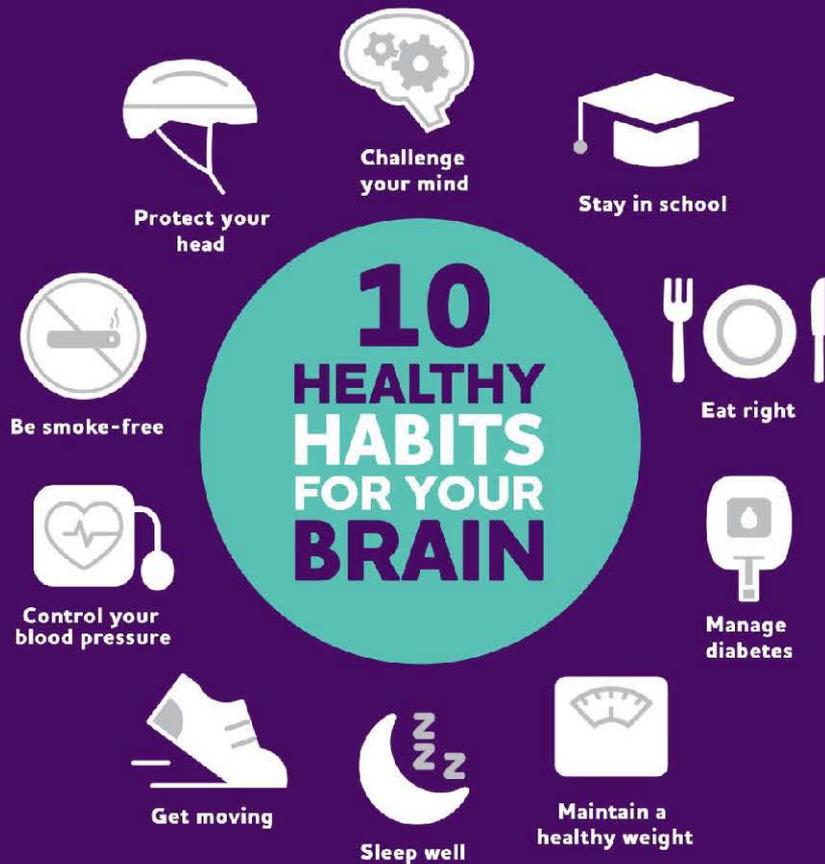
There are a number of benefits to early detection, including the opportunity to:

- 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



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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.





**WALK
TO END
ALZHEIMER'S**

Join today! 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.



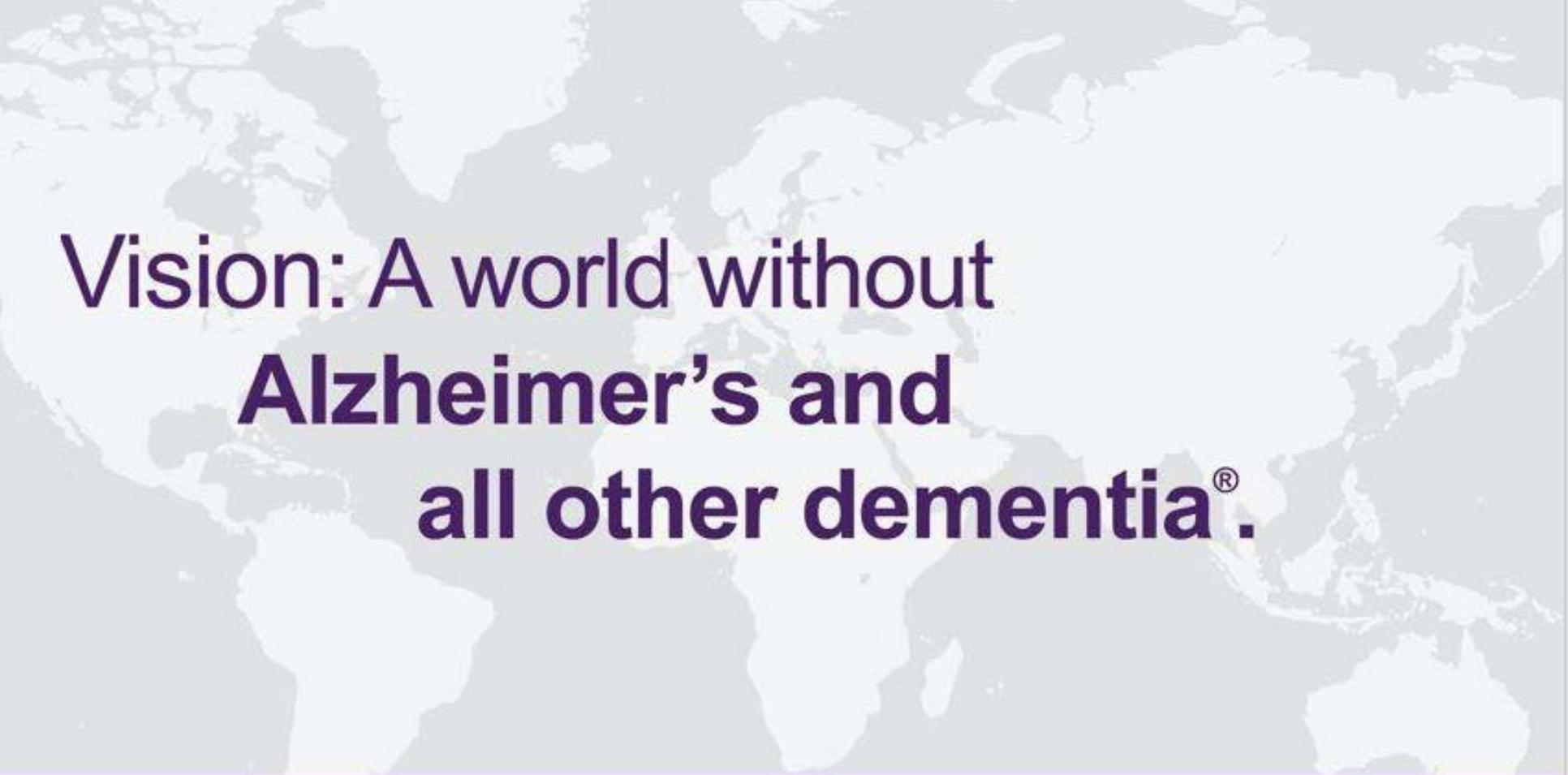
As an Organization / Group / Business

- 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
- Find education, support, and caregiving resources at alz.org/communityresourcefinder

A light gray world map is visible in the background, showing the outlines of continents and oceans.

**Vision: A world without
Alzheimer's and
all other dementia[®].**

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

Please scan the QR code or visit
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

