



Alzheimer's

SAN DIEGO

**Talking About the Hard Stuff:
*Beyond memory loss***

March 5, 2016

In partnership with



Alzheimer's | SAN DIEGO | 858.492.4400 | www.alzsd.org

Welcome!

Mary Ball, President/CEO

Serving San Diego

In 2016, we will serve **more than 30,000** San Diegans through our FREE programs and services

- Education Classes
- Support & Discussion Groups
- Social Activity Programs
 - *Movement, Music & Art*
- Family Care Consultations
 - *By phone or in person with Alzheimer's experts*
- Early Stage Support
- ALZ Companion Respite Program

A new, local, independent organization.

Our Mission: to provide San Diego families with care and support, while advancing critical local research for a cure.

Alzheimer's
SAN DIEGO

Why we separated from National

In 2015, the national Alzheimer's Association voted to consolidate all of its independent affiliates into a single nonprofit entity controlled from its Chicago headquarters.

Why we decided to remain local & independent:

- Restructuring would have severely jeopardized our ability to serve the community.
- One Board of Directors and one bank account located in Chicago.
- Required 40% of all dollars raised to be sent to national.

Why local makes sense:

- 100% of dollars raised will now stay in San Diego.
- Create a myriad of new economic and fundraising opportunities.
- Freedom to innovate new programs and services for families and advance local Alzheimer's research.



5.3M

**AMERICANS ARE SUFFERING
FROM ALZHEIMER'S DISEASE
*OR ANOTHER DEMENTIA***

2025 = 7.1 million & 2050 = 13.8 million

A Local Epidemic

+60K

LIVING WITH
ALZHEIMER'S
IN SAN DIEGO

150K

SAN DIEGANS
CARING FOR A
LOVED ONE

#3

CAUSE OF
DEATH IN
SAN DIEGO

Age is the #1 risk factor. We are all at risk.

The numbers are skyrocketing

BY THE YEAR 2050

**HALF OF ALL
BABY BOOMERS
WILL BE LIVING
WITH ALZHEIMER'S**

Of Americans aged 65 and over, **1 in 9** has Alzheimer's today.

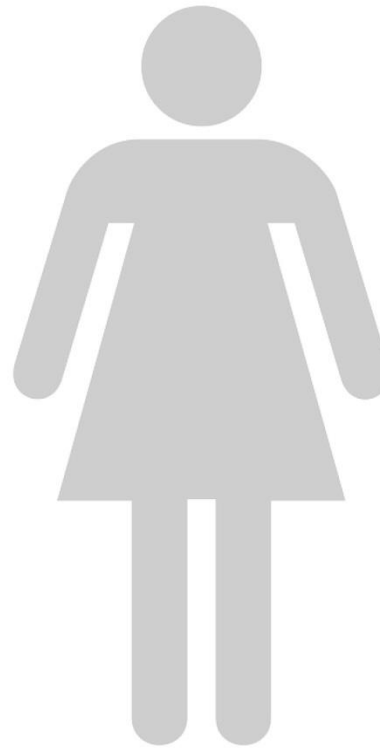
Women are at the epicenter of Alzheimer's disease

1 in 6

Women over the age of 60 will develop Alzheimer's.

2/3

Individuals suffering from Alzheimer's are women.



2.5

Times more women providing care for a loved one with Alzheimer's.

60%

Of caregivers are women.

DID YOU KNOW?

2X **WOMEN IN THEIR 60's ARE**
AS LIKELY TO DEVELOP
ALZHEIMER'S THAN
BREAST CANCER

Alzheimer's disease is America's



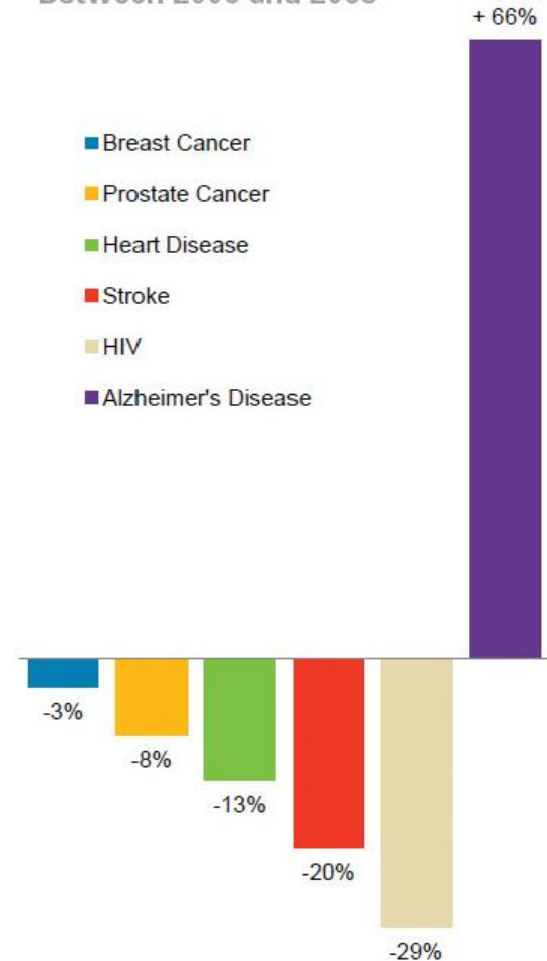
MOST EXPENSIVE DISEASE

\$214 BILLION A YEAR

Currently, there is no way to prevent, cure or slow the progression of Alzheimer's.

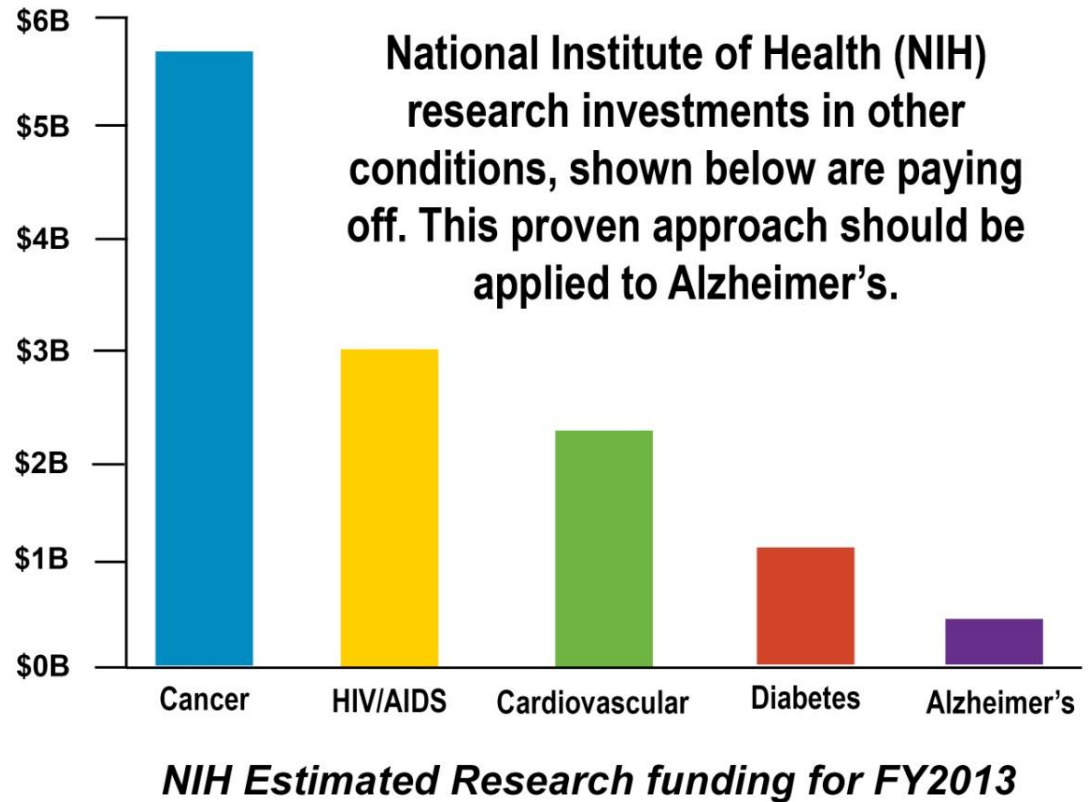
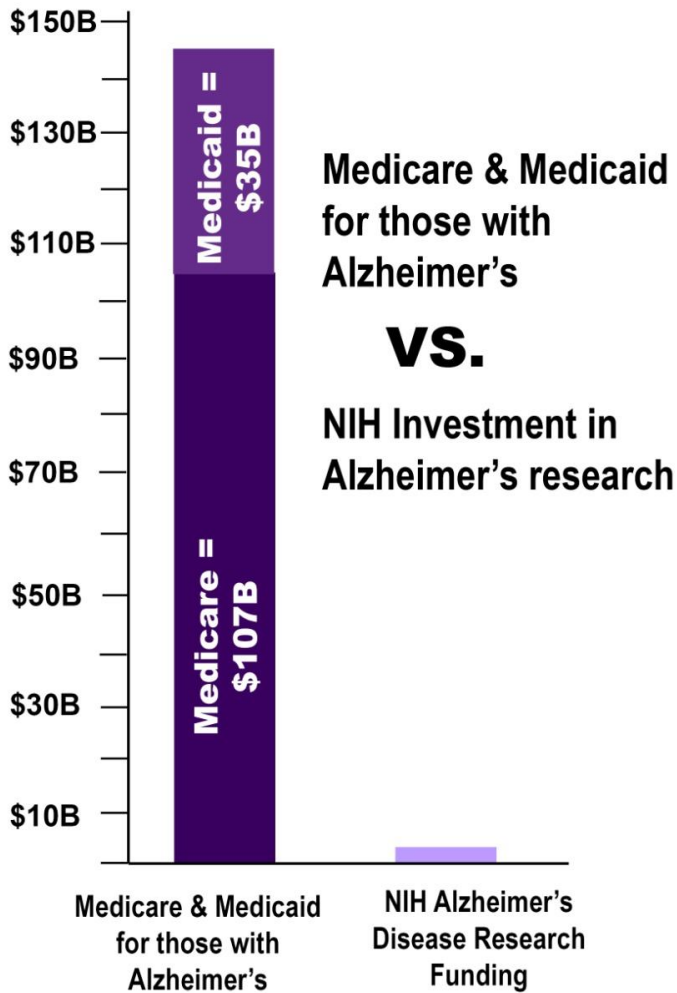
Each year,
the disease
kills more Americans
than breast cancer and
prostate cancer combined.

Change in Number of Deaths
Between 2000 and 2008



Based on preliminary 2008 mortality data

We need to apply the same model of investment in research that has proven successful in other diseases.



Collaboration4Cure

Collaboration4Cure: A ground breaking initiative to accelerate local drug discovery to find a cure for Alzheimer's Disease. The project has a five year \$7 million funding goal.

Collaboration4Cure Partners:

- Darlene Shiley
- Alzheimer's San Diego
- The City of San Diego
- The County of San Diego
- Sanford Burnham Prebys
- The Scripps Research Institute
- The Salk Institute
- UCSD
- The Venter Institute

Medical Discovery Institute

C4C has raised nearly \$500,000 to date.

In 2015, eight world-renowned San Diego researchers were selected for C4C drug discovery projects to be carried at Sanford Burnham Prebys Medical Discovery Institute.

Serving Local

Get Help - Donate - Volunteer

Call us, come see us!

www.alzsd.org | 858.492.4400

6632 Convoy Court, San Diego, CA 92111

Alzheimer's | **SAN DIEGO**



Talking About the Hard Stuff

Holly Yang, MD

*Hospice & Palliative Medicine
Scripps Health*

Amy Abrams, MSW/MPH

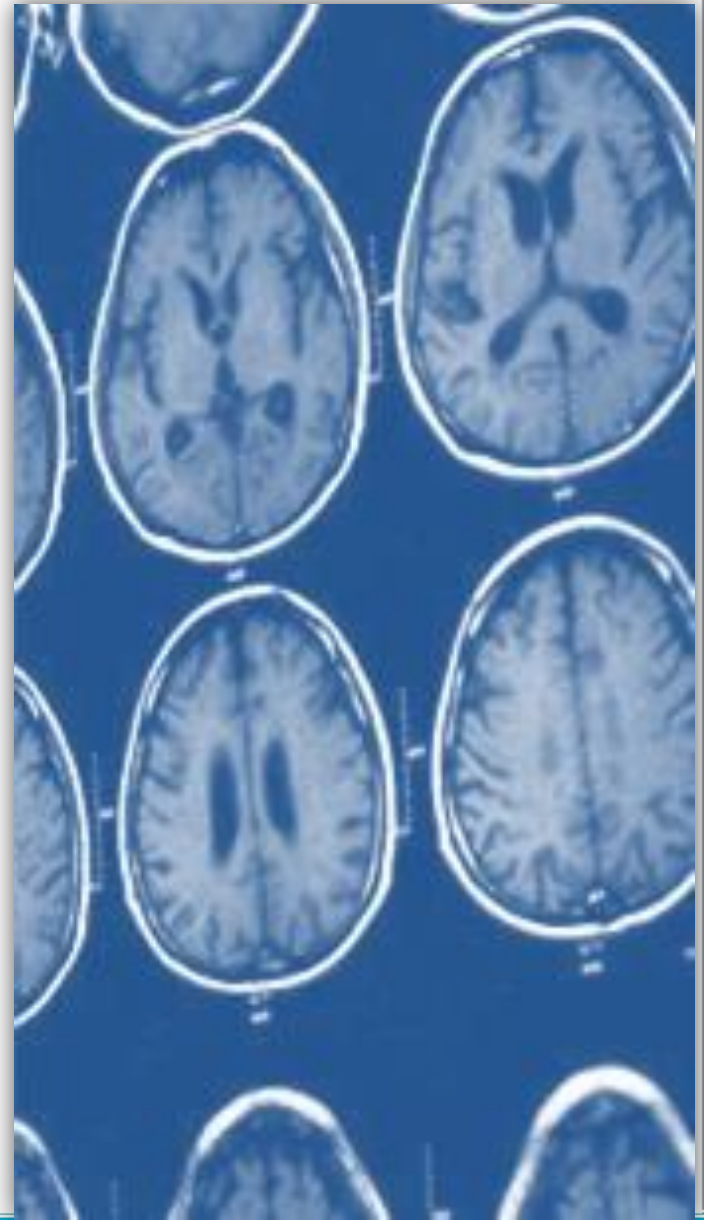
*Education & Outreach Manager
Alzheimer's San Diego*

What is dementia?

A group of symptoms caused by an underlying medical condition

Diagnosed when two or more functions are significantly impaired:

- Memory
- Cognition
- Behavior
- Physical function



Memory problems are not a specific disease



Irreversible (examples)

- Alzheimer's disease
- Lewy Body dementia
- Vascular dementia
- Frontotemporal dementia
- Huntington's disease
- Parkinson's disease

Reversible (examples)

- Medication reactions
- Endocrine abnormalities
- Nutritional deficiencies
- Infections
- Brain tumors

What is Alzheimer's disease?

- A progressive, degenerative brain disease that attacks nerve cells and neurons
- The most common form of dementia
- Progression and symptoms of the disease vary widely



Common symptoms

Memory loss that disrupts daily life

Disorientation or confusion

Difficulty completing normal daily tasks

Misplacing things and being unable to locate them

Problems with language or word-finding

Impaired reasoning or poor judgment

Problems with abstract thinking and problem-solving

Changes to mood or personality

Changes in behaviors

Withdrawal or loss of initiative

Visual and spatial-relationship changes

Sensory processing

Addressing common symptoms

Medications for memory, cognitive, and behavioral symptoms:

- Donepezil (Aricept[®])
- Rivastigmine (Exelon[®])
- Galantamine (Razadyne[®])
- Memantine (Namenda[®])
- Psychotropic medications



Behavioral and environmental modifications

Caregiver resources and support

Symptoms that may be overlooked

Pain

Physical changes

Delirium

Depression

Infections

Pain

- Arthritis
- Muscular
- Neurologic
- Other sources of chronic pain



Physical changes

- Sleep
- Mobility
- Swallowing
- Appetite



Delirium

Confused thinking

Disordered speech

Reduced awareness of
environment

Restlessness or hyperactivity

Hallucinations



Depression

- Impact
- Detection
- Treatment



Infections

- Pneumonia
- Urinary tract infections (UTI)
- Wounds and skin care needs



“Advance care planning is
about planning for the
‘what ifs’ that may occur
across the entire lifespan.”
– Joanne Lynn, MD

Quality of life

Four dimensions :

- Physical
- Emotional
- Practical
- Spiritual



What does quality of life mean to you, and to the person you care for?

What strengths and resources are available?

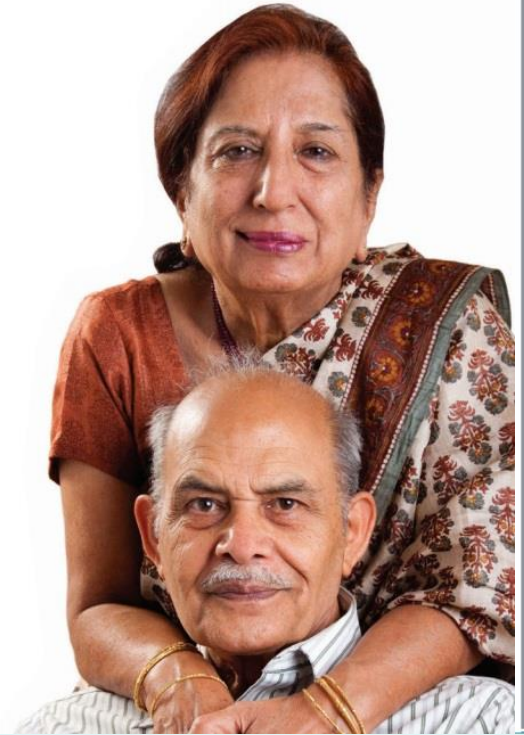
Documentation of what is most important

- Advance Health Care Directives (Durable Power of Attorney for Health Care)
- Physician Orders for Life-Sustaining Treatment (POLST)
- Do Not Resuscitate order (DNR)
- Preferred Intensity of Care
- Waiver of Health Insurance Portability and Accountability Act (HIPAA)



The importance of self-care

- Take care of your own physical and mental health
- Ask for help when you need it
- Accept help when it is offered
- Have regular respite
- Stay socially connected
- Engage in hobbies and recreational pursuits
- Connect with spiritual or religious community
- Join a support group





Keep in mind

- A range of emotions is normal
- You cannot do this alone
- There is no such thing as “perfect”
- Support is available

Stand & Stretch!

Questions & Answers

Holly Yang, MD

Scripps Health

Amy Abrams, MSW/MPH

Alzheimer's San Diego

Meet our team!

Jessica Empeño, MSW

*VP, Programs and Family Services
Alzheimer's San Diego*

We are here to help!

FREE PROGRAMS

- Community Education Classes
- Support and Discussion Groups
- Early Stage Education and Support
- Social Activities: Art, Music, Movement & More!
- ALZ Companions: Respite for Families



Our Mission: to provide San Diego families with care and support, while advancing critical local research for a cure.

Thank You!

Alzheimer's
SAN DIEGO



Scripps

Home Instead
SENIOR CARE®
To us, it's personal.



SAN DIEGO / IMPERIAL
GERIATRIC
EDUCATION CENTER

Alzheimer's | SAN DIEGO | 858.492.4400 | www.alzsd.org