



Alzheimer's and Dementia Awareness Resource and Information Guide



FLORIDA

2023 ALZHEIMER'S STATISTICS

NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

YEAR	TOTAL
2020	580,000
2025	720,000

ESTIMATED % INCREASE

24.1%

PREVALENCE

362

 # OF GERIATRICIANS IN 2021

277.1%

 INCREASE NEEDED TO MEET DEMAND IN 2050

76,140

 # OF HOME HEALTH AND PERSONAL CARE AIDES IN 2020

22.5%

 INCREASE NEEDED TO MEET DEMAND IN 2030

WORKFORCE

UNPAID CAREGIVERS (2022)

827,000

 # OF CAREGIVERS

1,301,000,000

 TOTAL HOURS OF UNPAID CARE

\$23,409,000,000

 TOTAL VALUE OF UNPAID CARE

CAREGIVER HEALTH (2021)

66.4%

 OF CAREGIVERS WITH CHRONIC HEALTH CONDITIONS

28.6%

 OF CAREGIVERS WITH DEPRESSION

13.6%

 OF CAREGIVERS IN POOR PHYSICAL HEALTH

CAREGIVING

HOSPICE (2017)

19,897

 # OF PEOPLE IN HOSPICE WITH A PRIMARY DIAGNOSIS OF DEMENTIA

15%

 HOSPICE RESIDENTS WITH A PRIMARY DIAGNOSIS OF DEMENTIA

HOSPITALS (2018)

1,552

 # OF EMERGENCY DEPARTMENT VISITS PER 1,000 PEOPLE WITH DEMENTIA

23.0%

 DEMENTIA PATIENT HOSPITAL READMISSION RATE

MEDICAID

\$2.689B

 MEDICAID COSTS OF CARING FOR PEOPLE WITH ALZHEIMER'S (2020)

28.4%

 PROJECTED CHANGE IN COSTS FROM 2020 TO 2025

MEDICARE

\$31,665

 PER CAPITA MEDICARE SPENDING ON PEOPLE WITH DEMENTIA (IN 2022 DOLLARS)

HEALTH CARE

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

6,539

 MORTALITY

More than 6 million Americans are living with Alzheimer's, and over 11.5 million provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total \$345 billion in 2023, increasing to nearly \$1 trillion (in today's dollars) by mid-century.



ALZHEIMER'S & COMMUNICATION: QUICK TIPS

About 70% of people with dementia may live at home. With more than 6 million Americans now living with Alzheimer's, a number that could reach 12.7 million by 2050, we're going to have more people with dementia who rely on community support to keep them safe.

Know the 10 Warning Signs

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

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, 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 judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Use Communication Tips

Adapting your approach can help a person with dementia better understand what is happening, and it can keep a situation from escalating if the person is or becomes agitated.

Communication Tips

- Identify yourself
- Call the person by name
- Use short, simple words and sentences
- Speak slowly and distinctively
- Patiently wait for a response
- Turn negatives to positives
- Give visual clues
- Write things down
- Convey an easygoing manner

Learn more about communication tips for each stage of the disease.

- alz.org/help-support/caregiving/daily-care/communications

Know the signs, Know the resources.
Make a difference.

Become an ALZSTAR by taking a 40 minute online class. When you register, include your company name and view it completely to receive a certificate so people will know you are an ALZSTAR!



Learn more at
alzstars.org

10 WAYS TO



Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits. Learn more at alz.org/10ways.

BREAK A SWEAT 	HIT THE BOOKS 
BUTT OUT 	FOLLOW YOUR HEART 
HEADS UP 	FUEL UP RIGHT 
CATCH SOME ZZZ'S 	TAKE CARE OF YOUR MENTAL HEALTH 
BUDDY UP 	STUMP YOURSELF 



The mission of the Alzheimer's Association® is to lead 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.

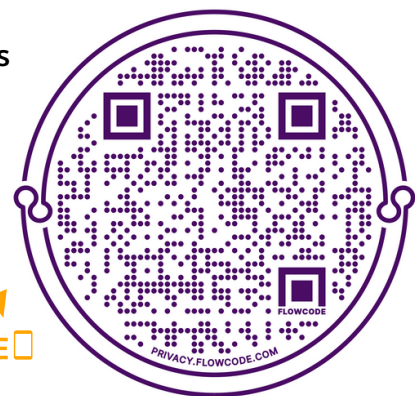
RESEARCH RESOURCES

- Research at the Association | alz.org/research
- Join a clinical trial | alz.org/trialmatch
- Learn the facts about Alzheimer's and dementia
alz.org/facts
- What is Alzheimer's and dementia
alz.org/alzheimer_s_dementia
- Inside the brain | alz.org/braintour



OTHER RESOURCES IN FLORIDA

- In-person, virtual and on-demand education, support and awareness programs
- Volunteer and advocacy opportunities
- Community events such as Walk to End Alzheimer's, The Longest Day, gala and more
- Florida-focused Alzheimer's and dementia blog
- Scan the QR code or visit flowpage.com/EndAlzFlorida



10 Ways to Manage Stress and Be a Healthier Caregiver

1

Take a break. Consider using respite care service to allow you a temporary rest from caregiving while the person living with Alzheimer's or another dementia continues to receive care in a safe environment.

2

Seek out community resources. Visit the Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF) to access a database of dementia and aging-related resources in your area.

3

Become an educated caregiver. The Association offers programs to help you better understand and cope with common behavioral and personality changes that may occur. Visit alz.org/care for resources.

4

Get help and find support. Our 24/7 Helpline (800.272.3900), ALZConnected online networking community (alzconnected.org), and local support groups (bit.ly/AlzSupportFL) are helpful resources.

5

Take care of your own health. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

6

Manage your stress. Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration). Discuss with a doctor, as needed.

7

Accept changes as they occur. People living with dementia change over time and so do their needs. They may require care beyond what you can provide on your own. Become aware of community resources.

8

Make legal and financial plans. Putting legal and financial plans in place after the diagnosis of dementia allows the person living with the disease to participate in decision-making. Having these plans can provide comfort to the entire family. Consult a financial advisor if needed.

9

Know you're doing your best. Remember that the care you provide makes a difference and you're doing the best you can.

10

Visit your doctor regularly. Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior.



THE IMPACT OF ALZHEIMER'S ON THE WORKPLACE



Over **11 million** Americans provide unpaid care for people living with Alzheimer's or other dementias.

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.



Nine percent

of caregivers gave up working entirely.

57% OF EMPLOYED CAREGIVERS HAD TO GO IN TO WORK LATE, LEAVE EARLY OR TAKE TIME OFF DUE TO CAREGIVING DEMANDS.



Six percent retired early.



Approximately **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.



Approximately two-thirds of dementia caregivers are

Women a role which often competes with employment and other responsibilities.

ALZHEIMER'S  ASSOCIATION®

Visit alz.org for caregiver support, information and resources.

Sources: Alzheimer's Association 2021 Alzheimer's Disease Facts and Figures Research Report: Dementia Caregiving in the U.S.

Facing Alzheimer's or other dementia and need help?

Alzheimer's Association
24/7 Helpline

800.272.3900

Call the Alzheimer's Association for:

- Information on Alzheimer's and other dementia.
- Challenges in caregiving.
- Treatment options.
- Safety issues.
- Solutions to difficult symptoms.
- Legal and financial planning.
- Referrals to local programs, support groups and services.

Call the Elder Helpline for:

- Referrals to local programs and services.
- Financial assistance.
- Transportation assistance.
- In-home services.
- Legal assistance.
- Ramp construction & other home modifications/repairs.
- Medicare & long-term health.
- Insurance assistance.
- Prescription drug assistance.

Florida Dept. of Elder Affairs
Elder Helpline

Monday to Friday

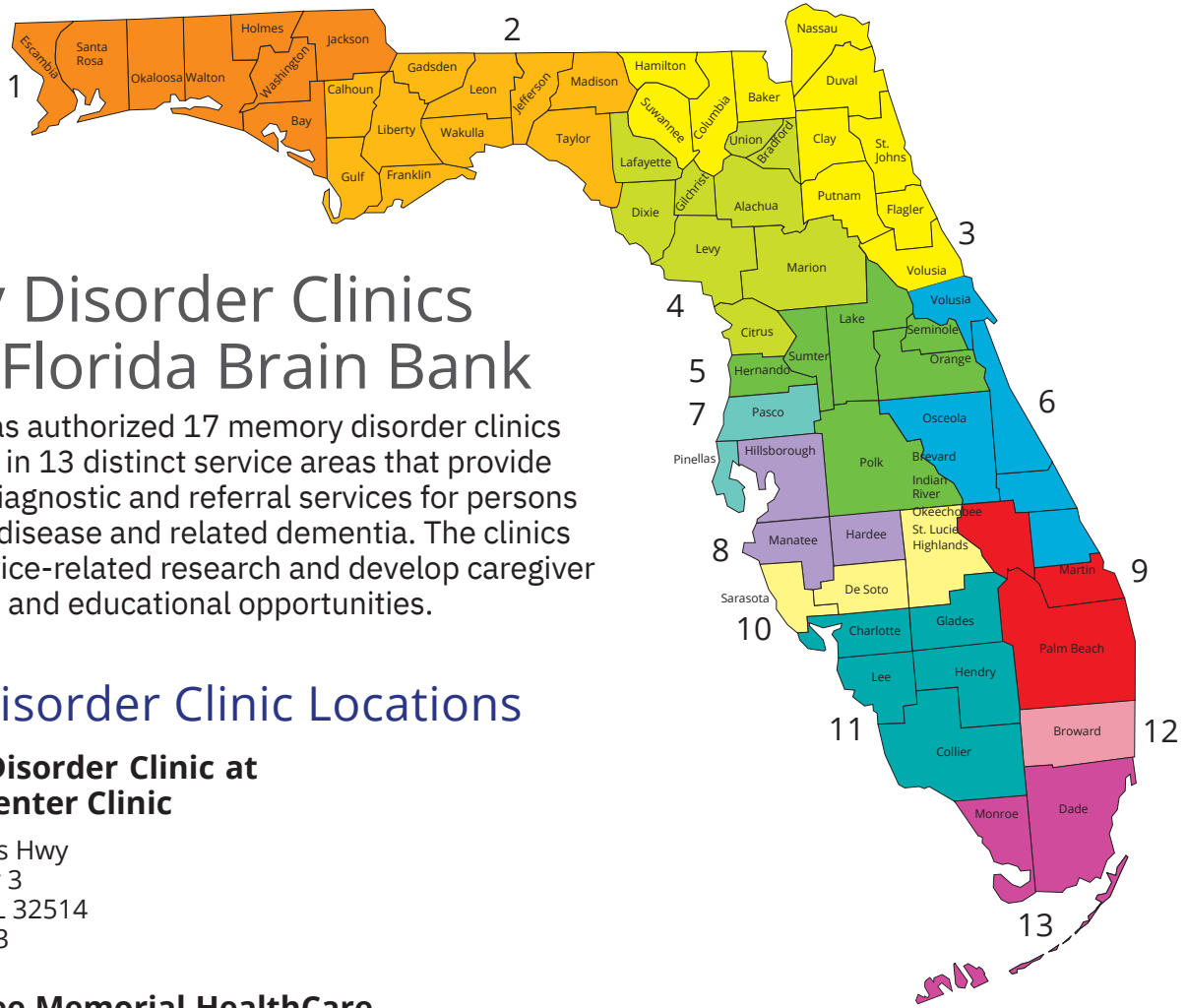
8 a.m. to 5 p.m. ET

800.963.5337



Scan for more from the
Alzheimer's Association





Memory Disorder Clinics and the Florida Brain Bank

The legislature has authorized 17 memory disorder clinics (MDCs) operating in 13 distinct service areas that provide comprehensive diagnostic and referral services for persons with Alzheimer’s disease and related dementia. The clinics also conduct service-related research and develop caregiver training materials and educational opportunities.

Memory Disorder Clinic Locations

- 1** **Memory Disorder Clinic at Medical Center Clinic**
 8333 N. Davis Hwy
 Bldg. 1, Floor 3
 Pensacola, FL 32514
 850-474-8353
- 2** **Tallahassee Memorial HealthCare Memory Disorder Clinic**
 1401 Centerville Rd., Ste.
 504 Tallahassee, FL 32308
 (850) 431-5001
- 3** **Mayo Clinic Jacksonville Memory Disorder Clinic**
 4500 San Pablo Rd.
 Jacksonville, FL 32224
 (904) 953-7103
- 4** **University of Florida Memory Disorder Clinic**
 3009 SW Williston Rd.
 Gainesville, FL 32608
 (352) 294-5400
- 5** **Orlando Health Center for Aging and Memory Disorder Clinic**
 32 West Gore Street
 Orlando, FL 32806
 (321) 841-9700
- 5** **AdventHealth Memory Disorder Clinic**
 1573 W. Fairbanks Ave, Ste.
 210 Winter Park, FL 32789
 (407) 392-9237

Elder Affairs
 FLORIDA
 4040 Esplanade Way
 Tallahassee, Florida 32399
 Phone: (850) 414-2000
 Fax: (850) 414-2004
ELDERAFFAIRS.ORG

6 Health First Memory Disorder Clinic

3661 S. Babcock St.
Melbourne, FL 32901
(321) 434-7612

7 Morton Plant Madonna Ptak Center for Alzheimer’s Research and Memory Disorders Clinic

430 Morton Plant St., Ste.
401 Clearwater, FL 33756
(727) 298-6025

8 University of South Florida Memory Disorder Clinic

3515 E. Fletcher Ave.
Tampa, FL 33613
Phone: (813) 974-3100

9 St. Mary’s Medical Center Memory Disorder Clinic at Palm Beach Neuroscience Institute

901 Village Blvd., Ste. 702
West Palm Beach, FL 33409
(561) 990-2135
8756 Boynton Beach Blvd., Ste.
2500 Boynton Beach, FL 33472
(561) 990-2135

9 Florida Atlantic University Louis and Anne Green Memory and Wellness Center

777 Glades Rd., Bldg. AZ-
79 Boca Raton, FL 33431
(561) 297-0502

10 Sarasota Memorial Memory Disorder Clinic

1515 S. Osprey Ave., Ste. A-
1 Sarasota, FL 34239
(941) 917-7197

11 Lee Memorial LPG Memory Care

12600 Creekside Ln., Ste.
7 Fort Myers, FL 33919
(239) 343-9220

12 Broward Health North Memory Disorder Center

201 E. Sample Rd.
Deerfield Beach, FL
33064 (954) 786-7392

13 Mt. Sinai Medical Center Wien Center for Alzheimer’s Disease and Memory Disorders

4302 Alton Rd., Ste. 650
Miami Beach, FL 33140
(305) 674-2543 ext. 55725

13 University of Miami Center for Cognitive Neuroscience and Aging

1695 N.W. 9th Ave., Ste.
3202 Miami, FL 33136
(305) 355-9065

13 The MIND Institute at Miami Jewish Health

5200 NE 2nd
Avenue Miami, FL
33137
(305) 514-8652

Brain Bank Locations

5 State of Florida Brain Bank- Satellite Office Orlando Alzheimer’s and Dementia Resource Center

1410 Gene Street
Winter Park, FL 32789
(407) 436-7755

13 State of Florida Brain Bank Wien Center for Alzheimer’s Disease and Memory Disorders

4302 Alton Road, Suite 650
Miami Beach, Florida
33140 (305) 674-2018

NOTE: County coloring represents area served by the corresponding Memory Disorder Clinic.

**If you care for
someone with
Alzheimer's,
you are not alone.**

**We're here
whenever you
need us.**



If you're living with Alzheimer's or dementia, or care about someone who has been diagnosed, the Alzheimer's Association® 24/7 Helpline is here when you want to talk.

One call can make a difference. 800.272.3900

VISIT ALZ.ORG

ALZHEIMER'S  ASSOCIATION®