



# Alzheimer's and Dementia Awareness Resource and Information Guide



# 2024 FLORIDA ALZHEIMER'S STATISTICS



## PREVALENCE

Number of People Aged 65 and Older with Alzheimer's (2020) **579,900**      % of Adults Over 65 with Alzheimer's **12.5%**



## CAREGIVING

# of Caregivers **840,000**      Caregivers with Chronic Health Conditions **66.4%**

Total Hours of Unpaid Care **1,321,000,000**      Caregivers with Depression **28.6%**

Total Value of Unpaid Care **\$24,437,000,000**      Caregivers in Poor Physical Health **13.6%**



## WORKFORCE

# of Geriatricians in 2021 **362**      # of Home Health and Personal Care Aides in 2020 **76,140**

Increase Needed to Meet 2050 Demand **277.1%**      Increase Needed to Meet 2030 Demand **22.5%**



## HEALTH CARE

# of People in Hospice (2017) with a Primary Diagnosis of Dementia **19,897**      Dementia Patient Hospital Readmission Rate (2018) **23%**

Hospice Residents with a Primary Diagnosis of Dementia # of **15%**      Medicaid Costs of Caring for People with Alzheimer's (2020) **\$2.689B**

Emergency Department Visits per 1,000 People with Dementia (2018) **1,552**      Projected Change in Medicaid Costs from 2020 to 2025 **28.4%**

Per Capita Medicare Spending on People with Dementia in 2023 Dollars **\$34,142**



## MORTALITY

# of Deaths from Alzheimer's Disease (2021) **6,716**

Nearly **7 million Americans** are living with Alzheimer's, and more than **11 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$360 billion** in 2024, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century. For more information, **view the 2024 Alzheimer's Disease Facts and Figures report at [alz.org/facts](http://alz.org/facts).**

# WHAT IS DEMENTIA?

## Dementia

Dementia is an overall term for a particular group of symptoms, characterized by a decline in memory, language, problem-solving and other cognitive skills that affect a person's ability to perform everyday activities.

This decline occurs because nerve cells (neurons) in parts of the brain involved in cognitive function have been damaged and no longer function normally.

Dementia is caused by a variety of diseases that cause damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

The brain has many distinct regions, each of which is responsible for different functions (for example, memory, judgment and movement). When cells in a particular region are damaged, that region cannot carry out its functions normally.

Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. For example, in Alzheimer's disease, high levels of certain proteins inside and outside brain cells make it hard for brain cells to stay healthy and to communicate with each other. The brain region called the hippocampus is the center of learning and memory in the brain, and the brain cells in this region are often the first to be damaged. That's why memory loss is often one of the earliest symptoms of Alzheimer's.

While most changes in the brain that cause dementia are permanent and worsen over time, thinking and memory problems caused by the following conditions may improve when the condition is treated or addressed:

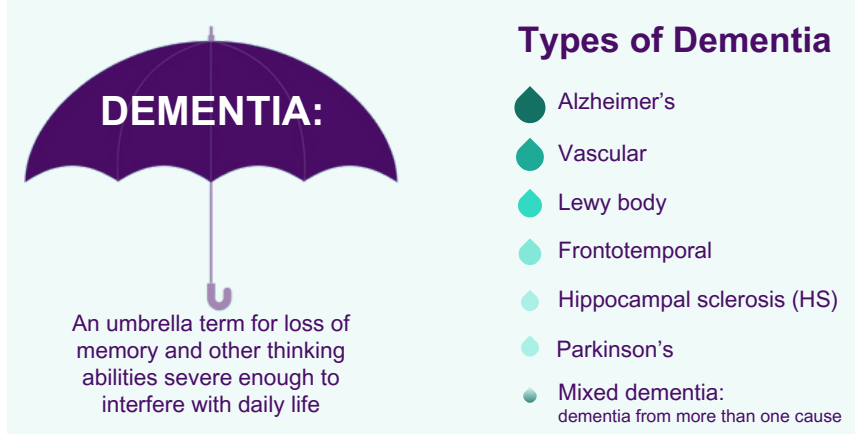
- Depression.
- Medication side effects.
- Excess use of alcohol.
- Thyroid problems.
- Vitamin deficiencies

## Dementia treatment and care

Treatment of dementia depends on its cause. In the case of most progressive dementias, including Alzheimer's disease, there is no cure, but three treatments — aducanumab (Aduhelm®), donanemab (Kisunala™), and lecanemab (Legembi®) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive and functional decline in people living with early Alzheimer's. (Aducanumab will be discontinued on Nov. 1, 2024.)

Others can temporarily slow the worsening of dementia symptoms and improve quality of life for those living with Alzheimer's and their caregivers. The same medications used to treat Alzheimer's are among the drugs sometimes prescribed to help with symptoms of other types of dementias. Non-drug therapies can also alleviate some symptoms of dementia.

Ultimately, the path to effective new treatments for dementia is through increased research funding and increased participation in clinical studies. Right now, volunteers are urgently needed to participate in clinical studies and trials about Alzheimer's and other dementias.



## Alzheimer's disease

Alzheimer's is the most common cause of dementia. Key features include problems with memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. The most common symptom is short-term memory loss. Speaking, swallowing and walking become difficult as the disease progresses.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

## Vascular dementia

Inadequate blood flow can damage and eventually kill cells anywhere in the body, but the brain is especially vulnerable.

In vascular dementia, changes in thinking skills sometimes occur suddenly after a stroke, which blocks major blood vessels in the brain. Thinking difficulties may also begin as mild changes that gradually worsen as a result of multiple minor strokes or another condition that affects smaller blood vessels, leading to widespread damage. A growing number of experts prefer the term "vascular cognitive impairment" (VCI) to "vascular dementia" because they feel it better expresses the concept that vascular thinking changes can range from mild to severe. Symptoms vary, depending on the part of your brain where blood flow is impaired. Memory loss may or may not be a significant symptom.

### Initial symptoms of major stroke can include:

- Confusion and disorientation.
- Trouble speaking or understanding speech.
- Physical stroke symptoms, such as sudden headache.
- Difficult walking, poor balance.
- Numbness or paralysis on one side of the face or body.

### Common early symptoms of widespread small vessel disease can include:

- Impaired planning and judgment.
- Declining ability to pay attention.
- Uncontrolled laughing and crying.
- Impaired function in social situations.
- Difficulty finding the right words.



## Dementia with Lewy bodies

Dementia with Lewy bodies (DLB) is a type of progressive dementia that leads to a decline in thinking, reasoning and independent function. Its features may include spontaneous changes in attention and alertness, recurrent visual hallucinations, REM sleep behavior disorder, and slow movement, tremors or rigidity. Memory loss is not a typical early symptom. It may appear at some point.

## Frontotemporal dementia

Frontotemporal dementia (FTD), or frontotemporal degeneration refers to a group of disorders caused by progressive nerve cell loss in the brain's frontal lobes (the areas behind your forehead) or its temporal lobes (the regions behind your ears).

Generally symptoms start at younger age; diagnosis can occur between the 40's and 60's. The first notable symptom is behavior changes. Also, there can be noticeable deterioration in personality and behavior and/or difficulty with language. Other symptoms include problems with speech, muscle weakness and coordination problems.

## Hippocampal sclerosis

Hippocampal sclerosis (HS) is the shrinkage and hardening of tissue in the hippocampus of the brain. HS's most pronounced symptom is memory loss. It is more common in individuals age 85 or older. Individuals with HS are often misdiagnosed as having Alzheimer's disease.

The hippocampus is an area of the brain that plays a key role in forming memories.

## Parkinson's disease dementia

Parkinson's disease dementia is a decline in thinking and reasoning skills that develops in some people living with Parkinson's at least a year after diagnosis. The brain changes caused by Parkinson's disease begin in a region that plays a key role in movement, leading to early symptoms that include tremors and shakiness, muscle stiffness, a shuffling step, stooped posture, difficulty initiating movement and lack of facial expression. As brain changes caused by Parkinson's gradually spread, the person may also experience changes in mental functions, including memory and the ability to pay attention, make sound judgments and plan the steps needed to complete a task.

Certain factors at the time of Parkinson's diagnosis may increase future dementia risk, including advanced age, greater severity of motor symptoms and mild cognitive impairment.

Additional risk factors may include:

- The presence of hallucinations in a person who doesn't yet have other dementia symptoms.
- Excessive daytime sleepiness.
- A Parkinson's symptom pattern known as postural instability and gait disturbance (PIGD), which includes "freezing" in mid-step, difficulty initiating movement, shuffling, problems with balancing and falling.

## Mixed dementia

Mixed dementia refers to a person having more than one type of dementia.

In the most common form of mixed dementia, the abnormal protein deposits associated with Alzheimer's disease coexist with blood vessel problems linked to vascular dementia. Alzheimer's brain changes also often coexist with Lewy bodies. In some cases, a person may have brain changes linked to all three conditions — Alzheimer's disease, vascular dementia and dementia with Lewy bodies.

Researchers don't know exactly how many older adults currently diagnosed with a specific type of dementia actually have mixed dementia, but autopsies indicate that the condition may be significantly more common than previously realized.

Autopsy studies play a key role in shedding light on mixed dementia because scientists can't yet measure most dementia-related brain changes in living individuals. In the most informative studies, researchers correlate each participant's cognitive health and any diagnosed problems during life with analysis of the brain after death.

# ALZHEIMER'S & COMMUNICATION

## QUICK TIPS

About 70% of people with dementia may live at home. With nearly 7 million Americans now living with Alzheimer's, a number that could reach 13 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. Go to:

- [alz.org/help-support/caregiving/daily-care/communications](https://www.alz.org/help-support/caregiving/daily-care/communications)

# 10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



## Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



## Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



## Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

## Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



## Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



## Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



## Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



## Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



## Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



## Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

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



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.

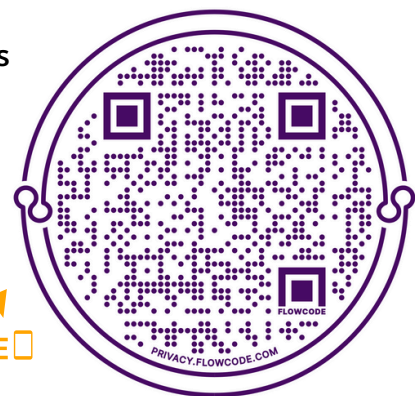
## RESEARCH RESOURCES

- Research at the Association | [alz.org/research](https://alz.org/research)
- Join a clinical trial | [alz.org/trialmatch](https://alz.org/trialmatch)
- Learn the facts about Alzheimer's and dementia [alz.org/facts](https://alz.org/facts)
- What is Alzheimer's and dementia [alz.org/alzheimer\\_s\\_dementia](https://alz.org/alzheimer_s_dementia)
- Inside the brain | [alz.org/braintour](https://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](https://flowpage.com/EndAlzFlorida)





# 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

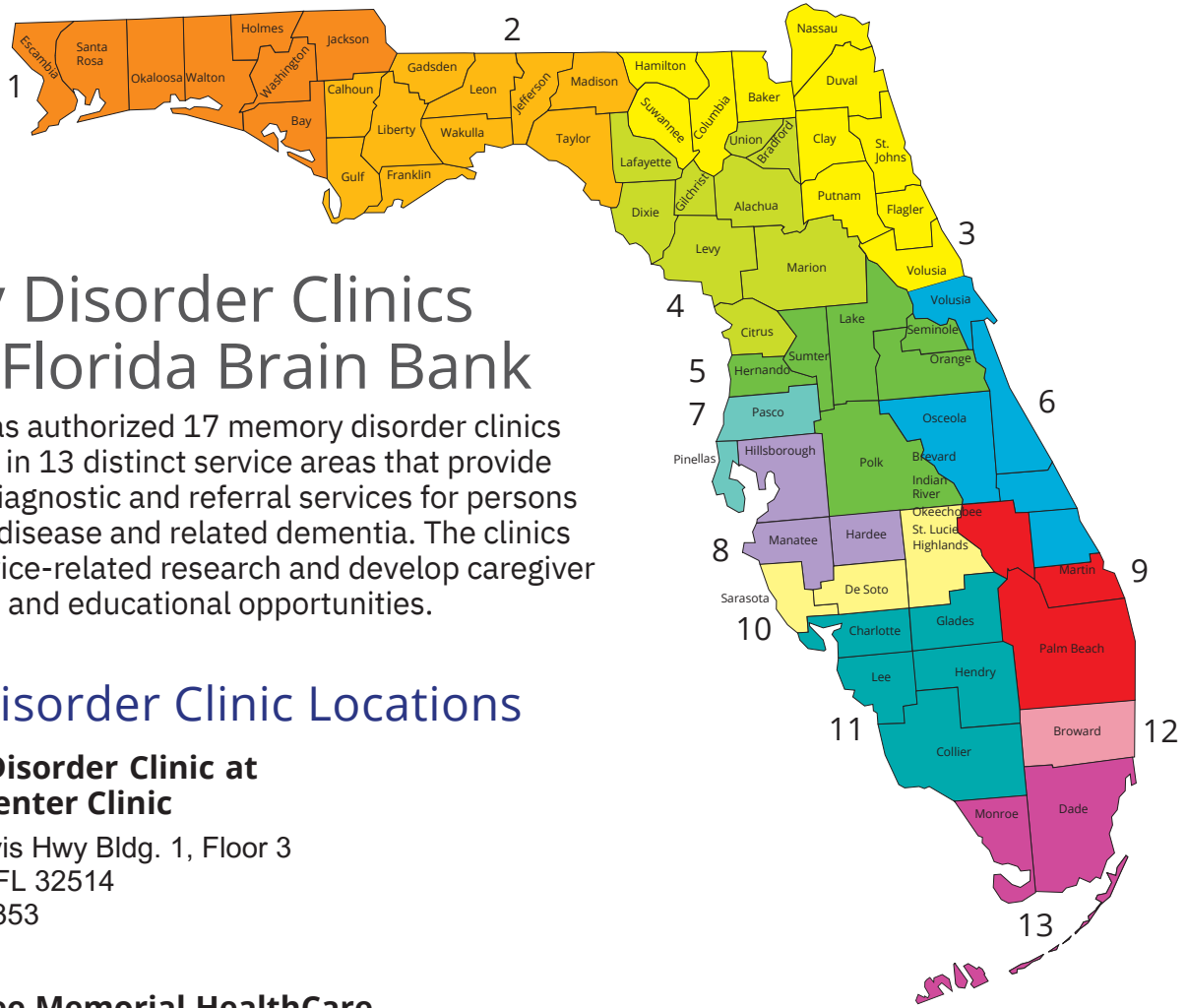
8 a.m. to 5 p.m. ET

**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](http://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  
(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

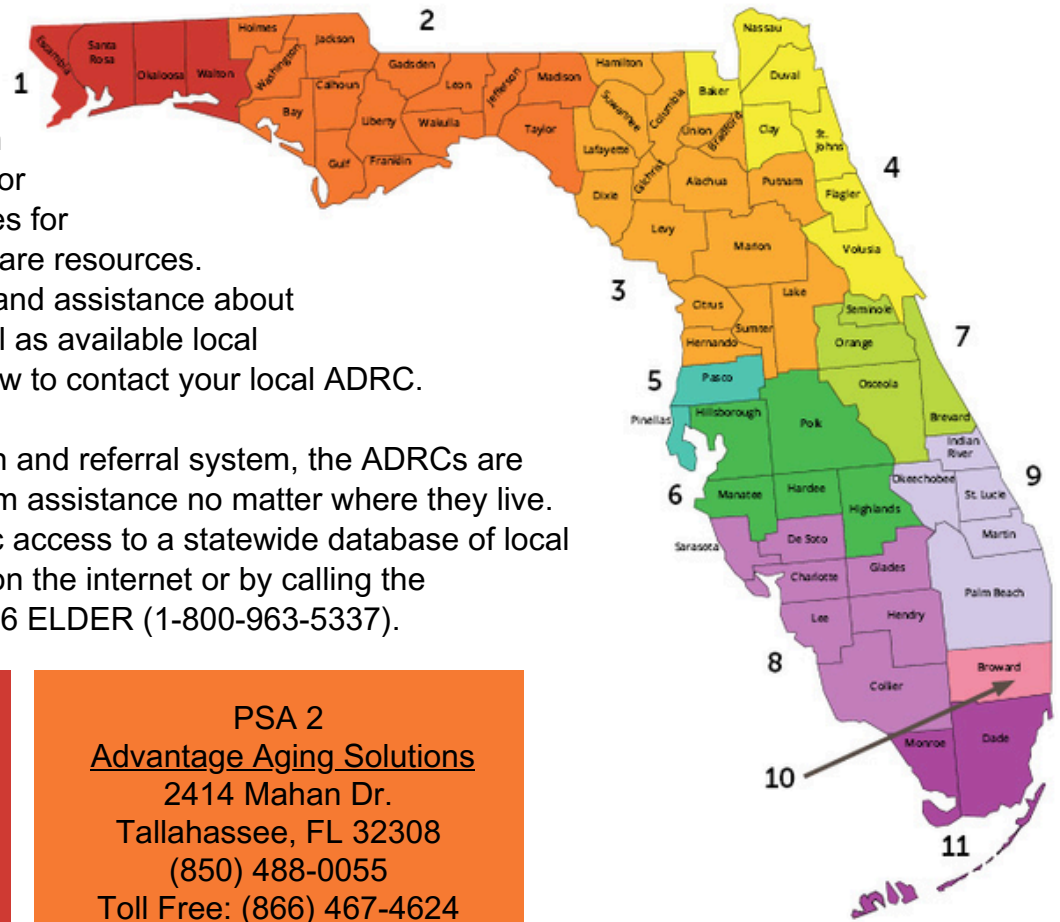
*NOTE: County coloring represents area served by the corresponding Memory Disorder Clinic.*

## Aging and Disability Resource Centers (ADRCs)

The Department of Elder Affairs administers programs and services for elders across the state of Florida through 11 Area Agencies on Aging, which operate as Aging and Disability Resource Centers (ADRCs). These ADRCs function as a single, coordinated system for information and access to services for all Floridians seeking long-term care resources.

The ADRCs provide information and assistance about state and federal benefits, as well as available local programs and services. See below to contact your local ADRC.

By sharing a common information and referral system, the ADRCs are able to provide elders with uniform assistance no matter where they live. This system also offers the public access to a statewide database of local community resources, available on the internet or by calling the Elder Helpline toll-free at 1-800-96 ELDER (1-800-963-5337).



**PSA 1**  
Northwest Florida Area Agency on Aging, Inc.  
 5090 Commerce Park Cir.  
 Pensacola, FL 32505  
 (850) 494-7101  
 Toll Free: (866) 531-8011

**PSA 2**  
Advantage Aging Solutions  
 2414 Mahan Dr.  
 Tallahassee, FL 32308  
 (850) 488-0055  
 Toll Free: (866) 467-4624

**PSA 3**  
Elder Options  
 100 S.W. 75th St., Ste. 301  
 Gainesville, FL 32607  
 (352) 378-6649  
 Toll Free: (800) 262-2243

**PSA 4**  
Elder Source, The Area Agency on Aging of Northeast FL  
 10688 Old St. Augustine Rd.  
 Jacksonville, FL 32257  
 (904) 391-6600  
 Toll Free: (888) 242-4464

**PSA 5**  
Area Agency on Aging of Pasco-Pinellas, Inc.  
 9549 Koger Blvd. Ste. 100  
 St. Petersburg, FL 33702  
 (727) 217-8111

**PSA 6**  
Senior Connection Center, Inc  
 8928 Brittany Way  
 Tampa, FL 33619  
 (813) 740-3888  
 Toll Free: (800) 336-2226

**PSA 7**  
Senior Resource Alliance  
 3319 Maguire Blvd., Ste. 100,  
 Orlando, FL 32803  
 (407) 514-0019

**PSA 8**  
Area Agency on Aging for Southwest Florida, Inc.  
 2830 Winkler Ave, Ste. 112  
 Fort Myers, FL 33916  
 (239) 652-6900  
 Toll Free: (866) 413-5337

**PSA 9**  
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.  
 4400 N. Congress Ave.  
 West Palm Beach, FL 33407  
 (561) 684-5885  
 Toll Free: (866) 684-5885

**PSA 10**  
Area Agency on Aging of Broward County  
 5300 Hiatus Rd.  
 Sunrise, FL 33351  
 (954) 745-9779

**PSA 11**  
Alliance for Aging, Inc.  
 760 N.W. 107th Ave., Ste. 214  
 2nd Floor, Miami, FL 33172  
 (305) 670-4357

**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<sup>®</sup> 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<sup>®</sup>**