

Alzheimer's 101

Erin Yelland, Ph.D.

K-State Research and Extension

The prevalence of Alzheimer's disease across the United States is staggering — 1 in every 10 people age 65 and older has Alzheimer's disease. As the size of the older adult population continues to grow, the number of Americans with Alzheimer's disease and other dementias will continue to increase. Currently, 5.5 million Americans of all ages have Alzheimer's disease, and this number is expected to reach 7.1 million by 2025 and 13.8 million by 2050, barring a major medical breakthrough. Currently, Alzheimer's disease is the only leading cause of death that cannot be prevented, slowed, or cured. This, combined with the sheer prevalence of the disease, has led researchers to name Alzheimer's "the biggest health crisis facing the world today."

Despite the severity of the Alzheimer's crisis, there are steps you can take to better the lives of those who are currently facing, or will face in their future, an Alzheimer's diagnosis. Education and awareness of the disease is key. Thus, the focus of this publication will be: understanding Alzheimer's, its warning signs, the benefits of early detection and diagnosis, and steps to bettering your overall brain health.

Lesson Objectives

Specific objectives, as measured by the evaluation tool, are to:

1. Increase awareness of the 10 warning signs of Alzheimer's disease.
2. Increase understanding of the 10 warning signs of Alzheimer's disease.
3. Increase understanding of what to do if any of the 10 signs of Alzheimer's disease are recognized in oneself or a loved one.
4. Increase understanding of the benefits of early detection and diagnosis.
5. Increase understanding of the steps one can take to better their own brain health.

6. Encourage individuals to adopt a brain-healthy lifestyle.

Intended Audiences

Although Alzheimer's disease generally only affects the older adult population, the majority of Americans will, at some point, know or know of someone who suffers from Alzheimer's disease. Additionally, a portion of this lesson covers steps to better brain health, an educational tool that is useful for everyone across the lifespan. For those reasons, this lesson is intended for audiences of all ages, regardless of race, ethnicity, income, profession, or other demographic characteristics.

Preparing for your Lesson

- » Allow at least 50 minutes to teach the lesson. If necessary, you can reduce the lesson's length by decreasing the number of activities you implement at the end of the presentation.
- » Download all necessary materials, including the PowerPoint presentation, from www.aging.ksu.edu
- » Gain familiarity with all aspects of the lesson, including objectives, PowerPoint presentation and script, fact sheet publication, and evaluation instrument.
- » Prepare enough copies of the Alzheimer's 101 fact sheet (MF3365) for your audience. The fact sheet mirrors the information presented in the PowerPoint presentation. You may choose to give the fact sheet to your audience at the beginning of the program as a guide as you present the content. Or, the fact sheet can be used as a take-home message and learning tool for participants.

Presenting the Lesson

- » Follow the leader's script in the PowerPoint presentation.

- » At the end of the PowerPoint are optional activities and physical activity exercises for you to use with your audiences, if you so choose.
- » After the program ends, distribute the evaluation. Allow approximately 3 to 5 minutes for completion.
- » To communicate the impact of your work, you may return your completed evaluations through any of the following methods:
 - A. Enter your evaluation data directly into PEARS
 - B. Scan and email the completed evaluations and the evaluation cover page to: erinyelland@ksu.edu
 - C. Mail hard copies of the evaluations and the evaluation cover page to:

Erin Yelland
343 Justin Hall
1324 Lovers Lane
Manhattan, KS 66506-1401

Other Materials

Informational and marketing materials are also available through the KSRE bookstore:

Know the Signs of Alzheimer's magnet – MF3271

The 10 Signs of Alzheimer's disease display – MF3270

You can also find the following resources and materials on the www.aging.ksu.edu website:

- » PowerPoint Presentation
- » Evaluation
- » Marketing flyer
- » News Release/Consumer Tips
- » Interactive Learning Simulation: This is Your Brain on Alzheimer's
- » Infographic (ideal for sharing on social media)

Resources

The Alzheimer's Association (www.alz.org; 1-800-272-3900) provides education, support, and resources for individuals living with Alzheimer's disease, their family members, and care partners. Numerous other organizations throughout the state of Kansas can provide similar support. For more information, or to be connected with these resources, contact your local K-State Research and Extension office.

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