Thank you for joining us!

Alzheimer’s & African Americans

We will begin momentarily.

Please mute your phone/computer during the webinar.
National Brain Health Center for African Americans

A NATIONAL, MULTIPLATFORM INITIATIVE
Engaging Faith Institutions to Help Eliminate Health Disparities Affecting African-Americans

Featured Preacher
Dr. Jasmin “Jazz” Sculark

Dr. Marsha B. Henderson, M.C.R.P.
Assistant Commissioner of the U.S. Food and Drug Administration (FDA), Office of Women’s Health

Richard Smallwood
Award Winning Composer and Gospel Recording Artist

Barbara A. Hutchinson, M.D., Ph.D.
President, Association of Black Cardiologists
Managing Partner, Chesapeake Cardiac Care, Inc., Annapolis, MD

Felicia Hill-Briggs, PhD, ABPP
Professor of Medicine, Division of General Internal Medicine, Director, Behavioral and Cognitive Science, Health Care and Population Sciences, Baltimore Laboratory, Health Disparities Research Center, and Senior Director, Population Health Research and Development at the Johns Hopkins University School of Medicine

Opening Plenary Speaker
Rev. Dr. Jamal Bryant

HEALTHYCHURCHES2020.ORG
November 15-18, 2016 Sheraton Charlotte Hotel Charlotte, NC
National Brain Health Center

African Americans

November 15-18, 2016
Sheraton Charlotte Hotel Charlotte, NC
HealthyChurches2020.org

Win a FREE 3 night hotel stay!

Register for the Conference
Sunday, July 17 through Sunday, July 24!

Estimated prize package value of $515 (including fees + taxes).
Your choice of a king bed or double queen room.

only $225

A NATIONAL, MULTI-PLATFORM INITIATIVE
Alzheimer’s & African Americans
~The Challenges in the African American Community~

National Brain Health Center
African Americans
Send us your comments & questions!
#brainhealtheeaa

National Brain Health Center for African Americans

@brainhealtheeaa

Visit our website and submit your local cognitive health events!

http://brainhealthcenterforafricanamericans.org
Upcoming Brain Health Trainings

- Friday, July 22 – Pittsburgh, PA
- August 20 – Indianapolis, IN
- August 27 – Cleveland, OH
- September 10 – Dallas, TX
- September 17 – Baltimore, MD
- Thursday, September 22 – Las Vegas, NV
- September 24 – Phoenix, AZ
- September 24 – Atlanta, GA
- October 8 – Petersburg, VA
- October 22 – Boston, MA

If interested in learning more about these training opportunities, please email: info@balmingilead.org.
Goals for Today’s Webinar

• Purpose of the National Brain Health Center for African Americans
• What is cognitive health?
• Understanding the challenges of Alzheimer’s
• What can we do as caregivers?
• How to live with loved ones with dementia?
• Call to action – what’s next?
Moderator

Dr. Pernessa Seele
Founder & CEO, The Balm In Gilead, Inc.
http://brainhealthcenterforafricanamericans.org
• Raise awareness of the issues of cognitive health
• Cognitive health is the ability to think, to learn, reason, think, judge, plan, organize....
• Serves as an information hub on the human brain
Three focus areas for the Brain Health Center:

- Brain Health Education
- Mobilization & Advocacy
- Network
Brain Health Education
  • Alzheimer’s
  • Stroke
  • Epilepsy
  • Traumatic Brain Injury (TBIs)
National Brain Health Center

African for Americans

- Mobilization & Advocacy
  - Caregiving and clinical research
- Networking
  - Join the fight!
Stephanie Monroe

US Against Alzheimer’s Network
Director, African Americans Against Alzheimer’s
Challenges of Alzheimer’s in the African American Community

What We Can Do to Stop It
Life Expectancy at Birth by Race and Gender, United States, 1900-2010


*Data for Black between 1900-1969 are shown as non-white
What is Alzheimer’s

Alzheimer’s disease is an irreversible, progressive brain disease that slowly destroys memory and thinking skills, and eventually even the ability to carry out the simplest tasks.

It is the most common cause of dementia in older people but is not a normal part of the aging process.

The greatest risk factors are advancing age, certain illnesses (diabetes, high blood pressure, heart disease), physical inactivity and family history.

One 1 out of every 8 individuals over age 65 has Alzheimer’s. Nearly half of individuals over age 85 has AD
What are the symptoms of Alzheimer’s?

◆ Memory impairment
◆ Language skills and decision making.
◆ Personality and behavioral changes
◆ Inability recognize family and friends
◆ Unusual irritability and aggression
◆ Eventual complete reliance upon others for basic activities of daily living.
A new 8 year study suggests Alzheimer’s deaths may be more than half a million lives a year – placing it just below heart disease and cancer on the list of America’s top killers.

— Source: Rush University, Chicago.
— Published in the peer-reviewed journal Neurology
AD - Numbers Are Growing

- 5.4 million people are living with AD
- 15.2 million family and friends are their caregivers
- 17.2 billion hours of care is uncompensated at a value of $210.5 billion
- 44% of Latinos and 34% of Blacks receive home-based family caregiving (Weiss et al 2005)
- Women are most likely to develop Alzheimer’s and also most often the ones caring for someone with AD or another dementia
How Does Alzheimer’s Impact African Americans?

- African Americans are \textit{two to three times more likely} to develop Alzheimer’s disease than non-Hispanic White Americans.

- Alzheimer’s disease is the \textit{6th} leading cause of death for all Americans and the \textit{4th} leading cause of death for older African Americans.
Why This Impact on African Americans?

- Denial of symptoms
- Acceptance of Disease symptoms as normal
- Delayed Diagnosis (if at all)
- Low research participation rates
Disparate Impact on Women and Their Families

Source: Authors’ calculations based on the 2010 MEPS, the 2010 & 2012 Alzheimer’s Disease Facts & Figures and the Census Bureau Data.
Disparate Regional Impacts

- South, $35.1, 49%
- Midwest, $12.9, 18%
- Northeast, $14.3, 20%
- West, $9.3, 13%

Source: Authors’ calculations based on the 2010 MEPS, the 2010 & 2012 Alzheimer’s Disease Facts & Figures and the Census Bureau Data.
Disparate Racial Impacts

• While African Americans make up only 13.6 percent of the U.S. population, they bear over 33 percent of the costs of AD and other dementias.

• Caregiving represents 60% of these costs

• Women with AD or caring for a person with AD bear more than 60% of these costs of AD.

• Indirect costs of unpaid caregiving are also significant- 17.4 billion hours worth $43.6 billion.

• African Americans between the ages of 40 and 64 lost $6.1 billion in labor market productivity due to Alzheimer’s- mostly from lost wages.

• Source: The Costs of Alzheimer’s and Other Dementia for African Americans, September 2013.
Impact on Working Families

• More than 50% of African American caregivers find themselves sandwiched between caring for an older person and a person under 18.

• 66 percent of African American caregivers are employed either full or part-time. 50% have to change their work schedule.

• Source: Caring.com
“Health disparities are pervasive and persistent. They have been documented between racial/ethnic groups, rural/urban and other geographical settings as well as for socioeconomic status and uninsured.

Improved research is one way to reduce health disparities.

More than 80,000 lives each year could be saved by eliminating the black-white mortality gap in America.”

Satcher, D.
2005
Thank You

Stephanie Monroe
Smonroe@UsAgainstAlzheimers.org

www.AfricanAmericansAgainstAlzheimers.org
National Brain Health Center
African for Americans

Dr. Paula Duren

Dementia Coach
Universal Dementia Caregivers
Caregivers Passage Through Dementia
Paula Duren, Ph.D.

Universal Dementia Caregivers
Who would have ever thought that mom would pass from Alzheimer’s and dad from Vascular dementia within 9 months of each other.
UNIVERSAL DEMENTIA CAREGIVERS

...UDC is a non-profit organization

...educating caregivers, families and communities supporting loved ones with Alzheimer’s and other dementia related diseases.

...strive to offer real benefits to caregivers especially those in need based communities.

...be a trusted resource helping caregivers manage the social, spiritual, emotional and practical needs of those suffering with the disease.
DEMENTIA

... a general term that refers to a decline in mental ability... symptoms including memory loss, personality change, and impaired intellectual functioning... that impacts daily functioning ....resulting from disease or trauma to the brain...connections are lost and neurons eventually die
WHAT WE KNOW

1 in 9 seniors has Alzheimer’s but half don’t know it

- In some communities of color the development of Alzheimer's is 2 to 3 times more likely
- Disease less likely to be diagnosed
- Less likely to have open discussions about “mental illness”
- Personal issues often taken to the church
WHAT WE KNOW

• Over 16 million Americans provide unpaid support to family and friends
• Most caregivers are women
• Care typically occurs in the home
• Most report feeling burdened and stressed
• 51% of caregivers have other jobs
• Most are not prepared for this new role
• Caregivers are often referred to as the Second Silent Patient
CAREGIVER HEALTH

...OFTEN THE SILENT SECOND PATIENT

Airlines tell us, in the event of trouble, put on your own mask before assisting others.
CAREGIVER HEALTH

Your LIFE moves with the disease progression of your LOVED one

Do not be anxious for anything....

My Lights are Going Out But It’s NOT DARK In Here
LEARNING MODULES:

• I Am A Caregiver?
• What Does A Diagnosis of Dementia Mean?
• Dementia – Stages and Behaviors
• “My Lights Are Going Out But It’s Not Dark In Here” – 7 key skills (2)
• Dementia – End of Life
SEVEN STEPS TO CARE

1. Remember for Me
2. Talk to Me Not About Me
3. I Hear and Feel Your Energy
4. Surround Me With Happy People
5. Comfort Me With Touch
6. Don’t Be Ashamed of Me
7. Help Me Feel Safe

Though our outer self is wasting away, our inner self is being renewed day by day.
CAREGIVER HEALTH

STRESS INDICATORS

- Anger and anxiety
- Denial
- Social withdrawal
- Guilt and feeling trapped
- Depression
- Helplessness
- Never any time
- Health problems

Blessed to be a blessing to others.
CAREGIVER HEALTH

- Accept role of caregiver
- Get organized
- Be a good detective
- Give them permission
- Adjust *expectations*
- Allow others to help
- Increase *healthy* behaviors
- Take *one day* at a time
- Connect to the whole person

My Lights are Going Out But It’s NOT DARK In Here
Though our outer self is wasting away, our inner self is being renewed day by day.

Love is the foundation upon which everything is built.
SERVICES

• Interactive Materials
  - DVD; CD; Journal; Book
• Speaking Engagements
• Family coaching
• Support Groups
• Home assessments

Contact:
248.509.HELP (4357)

Email:
info@universaldementia.org
www.universaldementia.org

Please support our work – donate.
National Brain Health Center for African Americans

#brainhealthaa

Visit our website and submit your local cognitive health events!

http://brainhealthcenterforafricanamericans.org
Thank you for joining us!

Alzheimer’s & African Americans

http://brainhealthcenterforafricanamericans.org
www.balminglead.org