

**Thank you for joining
today's Alzheimer's
Association presentation.**

Please scan the QR code or visit
alz.org/hello to record your
attendance and let us know if
you'd like to learn more.



ALZHEIMER'S  ASSOCIATION

Good morning / day / evening. As we're getting settled, please let us know that you are here today.

You can record your attendance by scanning this QR code or visiting alz.org/hello.



The Impact of **Alzheimer's and Dementia** in Our Community

www.alz.org/hello



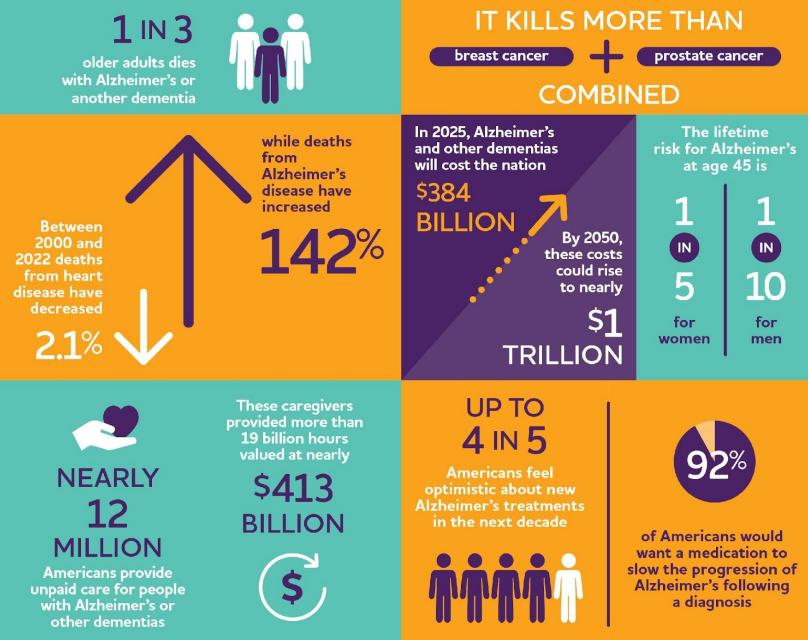
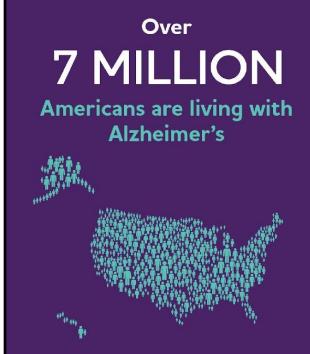
It's truly an honor to be here with you today. Thank you for giving me the chance to speak about something that touches so many lives — Alzheimer's and dementia. My name is _____, and I'm a proud volunteer with the Alzheimer's Association.

I volunteer because ...

{Insert your story here—whether it's a loved one's journey, a personal experience, or a moment that changed your perspective. Speak from the heart. The more real and vulnerable you are, the more your audience will feel it.}

Every time I share this message, I carry the voices of those who can no longer speak for themselves. I carry the legacies of those we've lost, and the hope for those still fighting. Together, we can make a difference, not just in raising awareness, but in building a future where no one has to face the journey alone.

2025 ALZHEIMER'S DISEASE FACTS AND FIGURES



Show of hands: How many of you know someone who has been diagnosed with Alzheimer's disease or dementia?

Let's just take a moment to look around the room and consider how widespread the impact of Alzheimer's and dementia can be.

In our {family / organization / community / company / faith community}, Alzheimer's and dementia have affected many of us, but worldwide the numbers are staggering.

Let's take a quick look at a brief video which highlights why the work we do is so important and needed now more than ever. The video is part of the Alzheimer's Association Alzheimer's Disease Facts and Figures report, which provides an in-depth look at the latest statistics on Alzheimer's disease prevalence, mortality, caregiving and cost of care.

Over
7 MILLION
Americans are living
with Alzheimer's

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FULL VIDEO LINKED TO WEB

Click play button on slide or go to link here: <https://youtu.be/Lta2-jvsWco>

About the Alzheimer's Association

The Alzheimer's Association leads 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.

Our vision is a world without Alzheimer's and all other dementia®.



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The numbers are overwhelming because behind every statistic is a real person, a real family, a real story. Over 7 million Americans are living with Alzheimer's today. That's 7 million lives forever changed.

And nearly 12 million people — spouses, children, friends are providing care, not for a paycheck, but out of love. They give their time, their energy, and often their own health and well-being.

Alzheimer's isn't just a disease of memory, it's a disease that steals futures. It's one of the most expensive conditions in our society, draining families emotionally and financially. If we don't act, the toll will only continue to grow on our healthcare system and our communities.

My hope is that you leave today not just informed, but inspired. Inspired to share what you've learned. Inspired to support someone who's struggling. Inspired to stand with us in this fight—for a world without Alzheimer's and all other dementia.

Because together, we can change the future.



Dementia

An umbrella term for loss of memory and other thinking abilities **severe enough to interfere with daily life.**



Alzheimer's
Vascular
Lewy body
Frontotemporal
Other, including Huntington's
Mixed dementia: dementia from more than one cause

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Before we go any further, let's take a moment to make sure we're all grounded in what we mean when we talk about Alzheimer's and dementia. These terms are often used interchangeably but they're not the same thing.

Dementia is not a single disease. It's an umbrella term, like heart disease, that covers a wide range of conditions that affect memory, thinking, language, problem-solving and even personality. These changes are serious enough to interfere with daily life and independence. They don't just affect the person living with dementia they ripple out to families, relationships and entire communities.

- Alzheimer's disease is the most common cause of dementia, accounting for 60–80% of cases. But it's not the only one.
- Vascular dementia can result from tiny strokes or blood vessel blockages in the brain.
- Some experience mixed dementia, where more than one type of brain change is happening at the same time.
- And there are other conditions like thyroid issues or vitamin deficiencies that can cause dementia-like symptoms but are actually treatable and even reversible.

That's why understanding the difference matters. It's why early diagnosis matters.

What is Alzheimer's?



Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.



Alzheimer's is a progressive disease, where **symptoms gradually worsen** over a number of years.



In the early stage, memory loss is mild. But as the disease progresses, **individuals will need around-the-clock care**. The disease is ultimately fatal.



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Alzheimer's is the most common cause of dementia, and age is the greatest known risk factor for Alzheimer's. But it's important to understand: Alzheimer's is not a normal part of aging.

Most people living with Alzheimer's are 65 or older. But it can also affect people much younger. When someone is diagnosed before the age of 65, it's called younger-onset or early-onset Alzheimer's. These individuals may be in any stage of the disease — early, middle or late — and often face unique challenges, especially when they're still working or raising families.

Alzheimer's is a progressive disease, which means it gets worse over time. In the beginning, memory loss might seem mild — misplacing keys, forgetting names. But as the disease advances, it takes away the ability to hold a conversation, recognize loved ones, or respond to the world around them.

On average, someone lives 4 to 8 years after diagnosis, but some live as long as 20. Every journey is different, and every moment matters.

That's why early detection is so important. Dementia often starts subtly, and it's easy to dismiss the signs. But if you or someone you love is experiencing memory changes or trouble thinking clearly, don't wait. Talk to a doctor. Getting an early and accurate diagnosis opens the door to support, treatment options, and the chance to plan for the future with dignity and care.



Populations at Higher Risk

Black Americans are about **twice as likely** as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are **one and a half times** as likely to have the disease as White Americans.

Almost **two-thirds** of Americans living with Alzheimer's are women.

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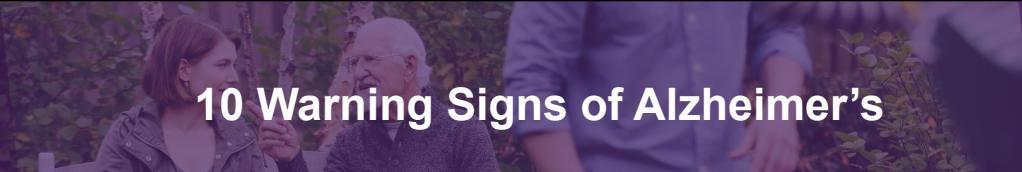
In some communities, the risk of Alzheimer's is even greater. Studies show that Black Americans are twice as likely as White Americans to develop Alzheimer's, and Hispanic Americans are 1.5 times more likely than non-Hispanic White Americans to develop the disease.

Members of underserved diverse communities are more likely to endure poverty and have more limited access to quality health care. They are also less likely to pursue a diagnosis, receive support, or participate in a clinical trial.

Alzheimer's also has a disproportionate impact on women.

- In the United States, more than 11 million women are either living with Alzheimer's or caring for someone who has it
- Almost two-thirds of Americans living with Alzheimer's are women
- Women in their 60s are more than twice as likely to develop Alzheimer's disease over the rest of their lives as they are to develop breast cancer

At the Alzheimer's Association, we believe that health equity is not optional — it's essential. That means ensuring every community has a fair and just opportunity to access early diagnosis, risk-reduction strategies and quality care. We are deeply committed to engaging with underrepresented and underserved communities, listening to their needs, and responding with culturally relevant resources, education, and support.



10 Warning Signs of Alzheimer's

- | | |
|--|--|
| 1. Memory loss that disrupts daily life | 6. New problems with words in speaking or writing |
| 2. Challenges in planning or solving problems | 7. Misplacing things and losing the ability to retrace steps |
| 3. Difficulty completing familiar tasks | 8. Decreased or poor judgment |
| 4. Confusion with time or place | 9. Withdrawal from work or social activities |
| 5. Trouble understanding visual images and spatial relationships | 10. Changes in mood and personality |

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Because Alzheimer's and dementia have such profound effects on individuals, families and whole communities, all of us should be equipped to recognize the warning signs.

There are 10 key warning signs and symptoms of Alzheimer's which can be subtle. It's possible for individuals to experience one or more of these signs in varying degrees. It is not necessary to experience every sign in order to raise concern.

{Read a few from the list. Highlight a couple of signs as it relates to your experience with Alzheimer's or dementia}

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 and 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 (note: no "e" in "judgment")
9. Withdrawal from work or social activities
10. Changes in mood and personality

Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.

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If you notice any of the warning signs of Alzheimer's, whether in yourself or someone you care about, don't wait. Make an appointment with a doctor.

Early diagnosis can make a big difference. Some treatments are only effective in the early stages of the disease, so the sooner someone is diagnosed, the more options they may have.

But it's not just about medication. When Alzheimer's is caught early, there's also a chance to make lifestyle changes that may help protect brain health, things like managing blood pressure, quitting smoking, staying physically active, and keeping the mind and heart engaged through social and mental activities.

Getting an early diagnosis can also bring peace of mind. It helps explain what's happening and gives families the chance to plan, connect, and make the most of their time together. It also opens the door to support programs, resources, and a community that understands what you're going through.

Early detection isn't just medical, it's deeply personal. It's about giving people the best chance to live fully, with dignity and support.

Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at alz.org/treatments.



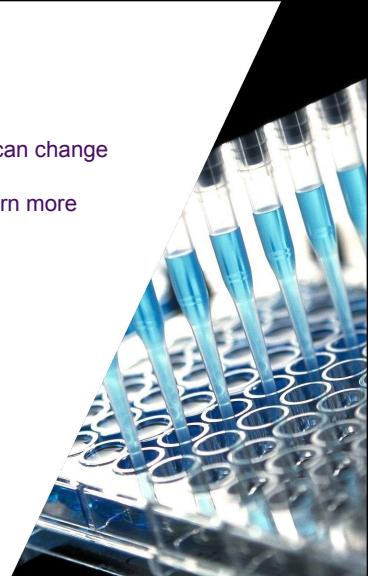
New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments **work in varying degrees and are not effective for everyone**.



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There is real hope on the horizon. For the first time, we're seeing treatments that can do more than manage symptoms — they're actually changing the course of Alzheimer's disease.

The U.S. Food and Drug Administration (FDA) has approved several medications that fall into two key categories:

- Drugs that temporarily ease symptoms like memory loss and confusion.
- Anti-amyloid drugs that target the disease by removing beta-amyloid from the brain. Clinical trial participants who received anti-amyloid treatments experienced reduction in cognitive and functional decline, meaning these treatments slowed disease progression.

The anti-amyloid treatments that have been shown to slow disease progression are appropriate for people with •Mild cognitive impairment or mild dementia stage of Alzheimer's disease AND who ALSO have evidence of a buildup of amyloid plaques in the brain, this is one of the reasons why early detection is important.

These new treatments are pivotal, though not a cure. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

When it comes to any treatment, it's important to talk with a healthcare provider. They can help you decide if a medication is the right choice and explain the possible benefits and risks.

If someone starts a treatment for Alzheimer's, they should be monitored by a doctor who knows how to use these medications. That way, they can get the right support and make informed decisions about their care.

Also, to avoid side effects or drug interactions, it's really important that the doctor, pharmacist, and care team know about all the medications being taken, including over-the-counter drugs, vitamins, and herbal supplements.



Take Charge of Your Brain Health



There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are **actions we can take to improve our brain health.**



Growing evidence shows that **healthy living can lower the risk of cognitive decline and possibly dementia.**



Our brains need to be taken care of at all ages. It is never **too early or too late** to take action to protect brain health.

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While new treatments are giving us hope, there's also growing research showing that what we do every day can make a real difference in protecting our brain health.

There are many risk factors for Alzheimer's and other dementia. Some like age, we can't control. But others are within our reach. The science is still evolving, but the evidence is strong: Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and other dementia. Brain health is important at ALL ages. It is never too early or too late to take charge of your brain health.

Every step we take toward a healthier lifestyle is a step toward a healthier brain.

THE U.S. POINTER BRAIN HEALTH RECIPE*



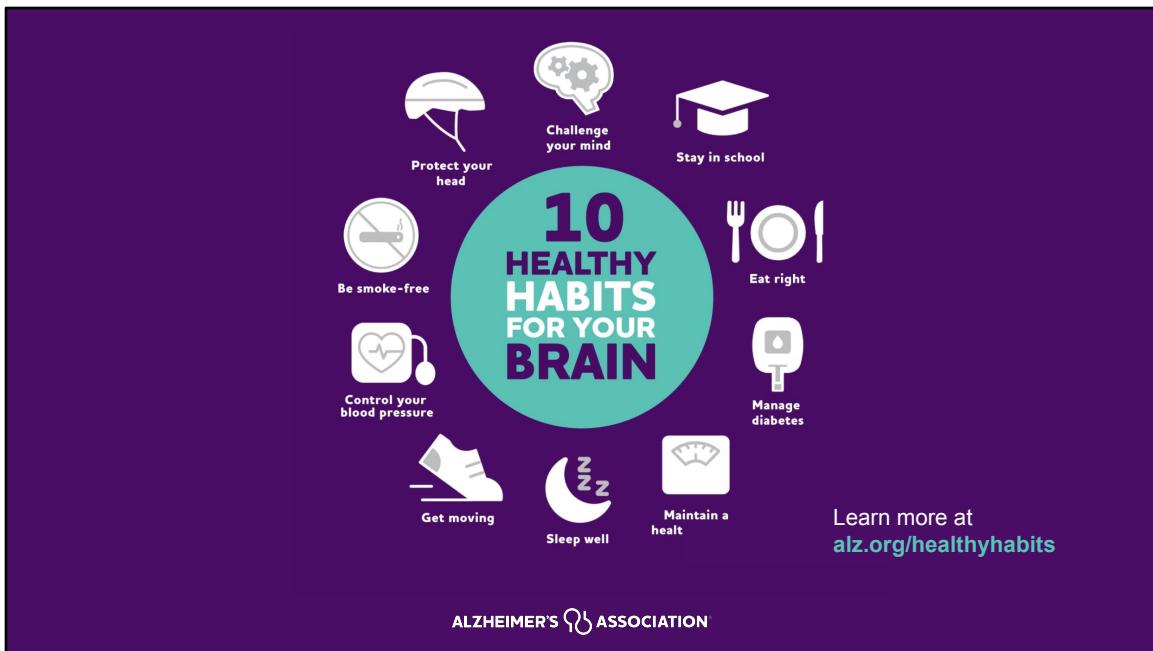
*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.

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One of the most common questions we get is about how people can improve their brain health or lower their risk of dementia. We have known that many health behaviors and conditions can affect the risk of cognitive decline and dementia. And we now have evidence that engaging in healthy behaviors can have a positive impact on brain health.

The US POINTER study showed that a program combining exercise, nutrition, cognitive engagement and health monitoring can meaningfully protect brain health. This was a randomized controlled clinical trial that tested two lifestyle interventions in a large, diverse population of older adults at risk for cognitive decline and dementia. Participants were in either a self-guided or structured lifestyle program. You can see here the brain health recipe that the structured group followed. Cognitive function improved for both groups but the structured group that followed this recipe showed the greatest benefit – performing at cognitive level comparable to adults nearly 2 years younger.

This is a very important study that underscores the message that healthy behaviors have a powerful impact on our brain health.



Overall, here are 10 healthy habits that are good for brain health. You can see that the actions in the brain health recipe from the US POINTER study are included in here! Do as many as them as you can for maximum benefit for your brain.

{Read a couple from the list and highlight which behaviors you practice regularly}

- Stay in School - Education at any stage of life will reduce risk of cognitive decline and dementia. Encourage kids to stay in school and find ways to continue your own learning — at a local library, community college, etc.
- Challenge Your Mind - Stay cognitively engaged by trying something new or hard for you. Learn a new skill or try something artistic. Challenging your mind may have short- and long-term benefits for your brain.
- Get Moving - Regularly engage in physical activity that increases your heart rate and increases blood flow to your brain and body. Try to find new or more ways to build physical activity activity into your day. Speak with your doctor before beginning a new exercise regimen.
- Eat Right - Balanced, healthy eating is good for the brain. This includes eating less saturated fat and processed foods; and more vegetables, fruits and lean proteins. Choose healthier meals and snacks that you enjoy and are available to you.
- Maintain a Healthy Weight - A healthy weight is important for heart and brain health. There is compelling evidence that midlife obesity increases risk for cognitive decline and possibly dementia.

- Control Blood Pressure - High blood pressure is a risk to brain health. Monitor your blood pressure and work with a doctor to keep it under control. Medications can be very effective, and other healthy habits, like healthy eating, being physically active, and getting quality sleep can help too.
- Manage Diabetes – Type 2 diabetes is also a risk to brain health. Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity, and medication, if necessary. Work with a health care provider to control diabetes.
- Protect Your Head- There is solid evidence that brain injuries increase the risk of developing certain forms of dementia, and repeated head injuries may increase risk even more. Protect your head by appropriately wearing helmets and seatbelts and make sure kids ride in approved car seats too. Preventing falls, especially for older adults, is important. Try to remove tripping hazards, for example.
- Sleep Well - Good quality sleep is important for brain health. If you have a sleep-related problem, like sleep apnea, talk to a doctor. Improve the quality of your daily sleep by minimizing disruptions and making your sleep environment as comfortable as possible (preferred light, temperature, noise level).
- Be Smoke-Free - There is strong evidence that smoking increases risk of cognitive decline and possibly dementia (for current smokers). Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked.



24/7 Helpline

The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

TrialMatch®



The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.

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I want to make sure you know about the ways the Alzheimer's Association can help you and your community. No matter where you are on your journey, you are not alone.

The free 24/7 Helpline at 800.272.3900 is always open, day or night, weekends and holidays. Whether you're living with dementia, caring for someone who is, or just looking for answers, trained professionals are ready to provide confidential support, guidance and information.

The Alzheimer's Association website, alz.org, is a powerful tool. It connects individuals and families to local programs, services and educational resources. Whether you're looking for support groups, care planning tools or information about the disease, it's all there easy to access and always free.

We also offer education and support programs, both in-person and online. These programs cover everything from the basics of Alzheimer's to advanced caregiving strategies and professional training. They're designed to reach all communities and are delivered by trusted staff, volunteers and partners. Many are also available on-demand, so you can learn at your own pace.

For caregivers and those living with dementia, we provide compassionate, community-based support. This includes support groups, both virtual and in-person, and ALZConnected®, our free online community where people can share experiences and find encouragement from

others who truly understand.

We also offer tools like ALZNavigator, an interactive guide that helps families create personalized action plans based on their unique needs. And through local partnerships, we provide early-stage social engagement programs to help people stay connected and active.

Alzheimer's Association TrialMatch® connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit, whether you're focused on treatment, diagnosis, care or prevention. Confidentially search hundreds of drug and non-drug studies, sign up, receive email notifications about new opportunities and connect directly with research teams.

At the Alzheimer's Association, we're more than a resource, it's a partner in your journey here for you, every step of the way.



My ALZ Journey
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Support, guidance and connection for newly diagnosed people and care partners – all in one app

- Free mobile app for newly diagnosed individuals and care partners**
- Provides personalized guidance, trusted resources and local connections**
- Helps users understand their diagnosis, stay independent and plan for the future**
- Connects users to their local Alzheimer's Association chapter for programs and support**
- Built with input from people living with dementia and care partners**

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The Alzheimer's Association is proud to introduce My ALZ Journey, a free and accessible app designed for newly diagnosed, early-stage individuals and their care partners.

Created for those who already use apps, it offers personalized guidance, education, planning tools, activities and local resources — all in one place.

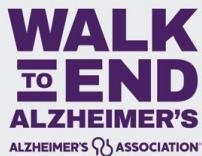
By delivering the right information at the right time, the app helps users navigate their diagnosis, stay connected and take action with confidence.

It also connects users directly to their local Alzheimer's Association chapter, helping foster connection and combat stigma.

My ALZ Journey is available for free in the Apple App Store and Google Play Store.

Value Props Per Audience

- Care Partners and Family Members:** The app simplifies life after diagnosis, giving care partners trusted, expert-backed guidance and practical tools to manage daily challenges, plan ahead and connect with others for support.
- Healthcare Providers:** The app extends patient education beyond the clinic, providing ongoing, personalized support that helps individuals and care partners stay engaged, manage their care and plan with confidence.
- Payers, Policymakers and Health System Leaders:** The app is a scalable, patient-centered tool that promotes proactive disease management, supports health equity and strengthens connections to community-based care.



Held annually in more than 600 communities nationwide, the **Alzheimer's Association Walk to End Alzheimer's®** is the world's largest fundraiser for Alzheimer's care, support and research.

alz.org/walk



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To help fuel our mission, we engage volunteers at every level of our organization and raise funds to support our efforts. Often, our fundraising events are the entry point for individuals to volunteer with the Association. Let's talk a little bit about each of our signature events.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. The event calls on participants of all ages and abilities to join the fight against the disease.

Do What You Love to End ALZ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

There's no limit to what you can do!

From hiking, golfing, gaming, or crafting, to playing pickleball or bridge, hosting a cookout or purple party — choose your passion, add the power of your community, and get started.

DO WHAT YOU[™] LOVE TO END ALZ

ALZHEIMER'S  ASSOCIATION[®]

alz.org/dowhatyoulove



"Do What You Love to End ALZ" is a personalized fundraising initiative by the Alzheimer's Association that builds on the success of their previous event, The Longest Day. This refreshed campaign invites individuals to turn their passions into purpose by choosing any activity they love — whether it's baking, biking, painting, gaming, or anything else — and using it to raise funds and awareness for Alzheimer's and other dementias.

[TELL YOUR STORY: "As a volunteer, my Walk team brings our family together to honor my XXXX while we raise awareness and funds for the mission."]



Join Us!

- ✓ Share your personal story as an advocate.
- ✓ Help your neighbors by providing education or a support group.
- ✓ Get involved in clinical trials or a research study.
- ✓ Fight Alzheimer's through a fundraising activity of your choice on a day that works for you.
- ✓ Visit alz.org or call our helpline to learn more.

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You have the power to help us move closer to our vision: a world without Alzheimer's and all other dementia.

The Alzheimer's Association offers a wide range of volunteer opportunities to match every interest, skill set and schedule. Whether you're passionate about advocacy, education, event planning or simply lending a helping hand, there's a place for you.

By sharing your time and talents, you can make a meaningful impact in your community and connect with others who share your passion for making a difference. Whether you want to get involved on your own, with a service club, your workplace or a group of friends, we'll help you find the role that's the right fit.

And if you're here today because someone you care about is affected by Alzheimer's, know that we're here for you too with support, resources and a community that understands.

Together, we can create change. To learn more or get started, reach out to the Alzheimer's Association.



Thank you!

Please scan the QR code or visit alz.org/hello to record your attendance and let us know if you'd like to learn more.



Thank you so much for the opportunity to be here with you today and to share this important conversation about Alzheimer's and dementia.

My name is [REDACTED], and I'm a proud volunteer with the Alzheimer's Association.

I volunteer because...

{Insert your personal story here—whether it's in honor of a loved one, a personal experience, or simply a calling to make a difference. Speak from the heart—this is your moment to connect.}

Being part of this mission has shown me the power of community, compassion, and hope. And I truly believe that together, we can create a future without Alzheimer's.

Thank you for listening, for caring and for being part of this journey.