



Alzheimer's 24-Hour Crisis Line
1.800.394.1771

AFRICAN-AMERICANS, ALZHEIMER'S DISEASE & VASCULAR DEMENTIA

ABOUT US

Alzheimer's Community Care, Inc. is a Florida based 501 (c) (3) not-for-profit organization founded in 1996 to provide specialized care to patients and caregivers living with Alzheimer's disease and related disorders. It is our purpose to ensure patients' and caregivers' well-being while preserving their dignity within a community-based environment. Alzheimer's Community Care serves as an innovative model of care by providing services and resources that are accessible, affordable, and individualized. We serve Palm Beach, Martin, and St. Lucie counties.

Alzheimer's Community Care advocates on a local, state and national level for the establishment of a dementia-specific system of care within the larger health care system. Our agency recognizes that education is key to quality care, and provides specialized education to health and social service professionals, caregivers, and the community.

This brochure made possible by a grant from



Specialized Adult Day Service Centers

Palm Beach County

Boca Raton Lic. #7299	561.391.6955
Delray Beach Lic. #9128	561.330.3541
Greenacres Lic. #8998	561.432.0668
<i>(Se Habla Espanol)</i>	
Lake Worth Lic. #8852	561.585.7781
Pahokee Lic. #9032.....	561.924.7283
Palm Beach Gardens Lic. #8940.....	561.630.4724
West Palm Beach Lic. #8837	561.683.2700

Martin County

North Stuart Lic. #8928	772.692.6981
Stuart Lic. #8866	772.220.2773

St. Lucie County

Ft. Pierce Lic. #9046	772.466.3261
-----------------------------	--------------

Family Nurse Consultants

Boynton Beach & Western Palm Beach County	561.381.0231
Boca Raton & Delray Beach.....	561.381.0231
Central Palm Beach County	561.432.0668
West Palm Beach & Northern Palm Beach County	561.683.2700
The Glades.....	561.924.7283
Martin County	772.223.6351
St. Lucie County	772.460.9166

Main Office

800 Northpoint Parkway, Suite 101-B
 West Palm Beach, Florida 33407
 561.683.2700

www.alzcare.org

©2011, Alzheimer's Community Care, Inc. All Rights Reserved.



**ALZHEIMER'S
 COMMUNITY
 CARE®**

800 Northpoint Parkway, Suite 101-B
 West Palm Beach, Florida 33407

561.683.2700

www.alzcare.org

AFRICAN-AMERICANS, ALZHEIMER'S DISEASE & VASCULAR DEMENTIA

DEMENTIA

Dementia is the deterioration of intellectual function and other cognitive skills, leading to a decline in the ability to perform activities of daily living. Dementia describes symptoms that occur when the brain is damaged by specific diseases, including Alzheimer's disease and Vascular disease. Alzheimer's disease accounts for more than half of all dementia-related disorders. Vascular disease is the second leading cause of dementia.

Alzheimer's disease and Vascular dementia are more prevalent among African-Americans than other racial groups, with estimates ranging from 14% to almost 100% higher. There is a greater familial risk of Alzheimer's in African-Americans. It is predicted that the number of African-Americans at risk for dementia will increase to nearly 6.9 million by 2030.

Early diagnosis of dementia is important in obtaining appropriate treatment. Some types of dementia are caused by reversible conditions. African-Americans tend to be diagnosed later than Caucasians, limiting the effectiveness of treatments that depend upon early intervention. Early diagnosis allows the individual to be an active participant in planning for the future.

ALZHEIMER'S DISEASE

Alzheimer's disease is a neurological disorder of the brain that leads to the irreversible loss of nerve cells causing progressive impairment in memory, judgment, decision-making, language and orientation to physical surroundings.

RISK FACTORS FOR ALZHEIMER'S DISEASE

- Age - Increasing age is the greatest risk factor for Alzheimer's disease. 10% of people age 65 and over and nearly 50% of people age 85 and over will develop Alzheimer's disease. The number of African-Americans age 65 and over will more than double in the next 25 years.

- Genetics - The cumulative risk among first degree relatives of African-Americans who have Alzheimer's disease is 44%.

SYMPTOMS OF ALZHEIMER'S DISEASE

- Memory loss
- Difficulty completing ordinary tasks/following directions
- Problems communicating; difficulty finding the right words
- Disorientation; becoming lost in familiar places
- Impaired judgment
- Misplacing things; placing objects in inappropriate places
- Rapid changes in behavior and mood; personality changes
- Loss of motivation and initiative
- Unable to make decisions

VASCULAR DEMENTIA

Vascular dementia is the progressive decline in memory and cognitive function occurring when the blood supply carrying oxygen and nutrients to the brain is interrupted by a blocked or diseased vascular system. Vascular dementia is commonly associated with strokes.

RISK FACTORS FOR VASCULAR DEMENTIA

- Increasing Age
- High Blood Pressure
- High Cholesterol
- Diabetes
- Plaque Buildup on Artery Walls
- Sleep apnea
- Smoking
- Obesity
- History of stroke
- Family history of heart disease

SYMPTOMS OF VASCULAR DEMENTIA

- Memory loss; lack of concentration
- Slurred speech
- Weakness of arms, and/or legs on one side of body
- Rapid, shuffling footsteps, problems with balance
- Depression, apathy, changes in behavior and mood
- "Stair Step Progression" – impairment may occur in steps with sudden decline in function which may be associated with stroke activity

TAKE ACTION!

- Keep your heart and brain health; reduce your risk factors.
- Exercise, eat a healthy diet and have regular physician checkups.
- Immediately address any symptoms with your physician.
- Get a formal diagnosis from a Neurologist or local Memory Disorder Center.
- Consider participating in clinical research trials.
- Complete a Living Will and other advanced directives.
- Assign a Power of Attorney.
- Establish financial plans and review with a professional.
- Establish effective support systems (church, family, friends).
- Communicate with your physician regularly.
- Learn about community services and resources (dementia-specific adult day services, caregiver support groups, financial assistance, case management, education, etc.).

**CALL ALZHEIMER'S COMMUNITY CARE
FOR ASSISTANCE! 561.683.2700**