



**ALZHEIMER'S
COMMUNITY
CARE**

Placing a Safety Net Around Alzheimer's Patients and Caregivers Every Day

- Dementia-Specific Day Care
- Family Nurse Consultants
- 24-Hour Crisis Line
- Caregiver Support Groups
- Prescription Assistance Program
- Case Management
- Education and Training

The mission of Alzheimer's Community Care, Inc. is to promote and provide specialized, compassionate and quality care to Alzheimer's disease and related disorders patients and their caregivers and insure their safety, health and well being while preserving their dignity within a community based environment.

The organization serves as an innovative model of care which advocates for services and resources which are dementia-specific, accessible, affordable, individualized and evidence-based.

When Dementia Is Diagnosed

African-Americans are more likely to be cared for within the extended family, and frequently seek support from their faith community. Prayer is often used as an effective coping strategy. In addition, there are new medications and dementia-specific treatment and support services available for individuals with Alzheimer's disease and vascular dementia as well as their caregivers.

These will help to maintain quality of life after diagnosis and place a safety net around both patient and caregiver.

ALZHEIMER'S COMMUNITY CARE DEMENTIA-SPECIFIC DAY CARE CENTERS

Boca Raton	(561) 391-6955
Boynton Beach	(561) 369-0300
Ft. Pierce	(772) 466-3261
Greenacres (<i>Se Habla Espanol</i>)	(561) 432-0668
Lake Worth	(561) 585-7781
North Stuart	(772) 692-6981
Pahokee	(561) 924-7283
Palm Beach Gardens	(561) 630-4724
Stuart	(772) 220-2773
West Palm Beach	(561) 683-2700

ALZHEIMER'S COMMUNITY CARE FAMILY NURSE CONSULTANT CENTERS

Delray Beach	(561) 278-6649
Greenacres (<i>Se Habla Espanol</i>) ...	(561) 432-0668
Stuart	(772) 223-6351
Pahokee	(561) 924-7283
Ft. Pierce	(772) 465-2826
West Palm Beach	(561) 683-2700

*Alzheimer's Community Care
24-Hour Crisis Line*

1-800-394-1771

If you or someone you love may be affected by Alzheimer's disease or vascular dementia, call us.

We can help.

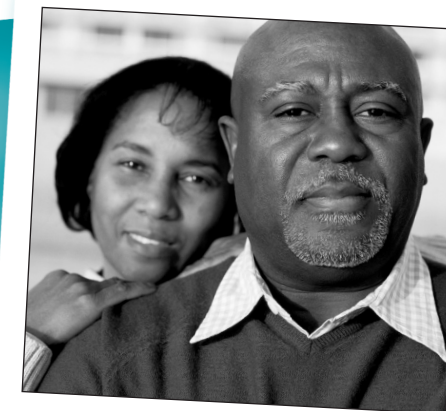
(561) 683-2700



A United Way Member Agency

Sponsored by the State of Florida, Department of Elder Affairs and Area Agency on Aging Palm Beach/Treasure Coast, Inc.

African-Americans, Alzheimer's Disease and Vascular Dementia



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Dementia

Dementia is a 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 dementia; vascular dementia is the second most common cause of dementia.

Alzheimer's disease and vascular dementia are more prevalent among African-Americans than other racial groups.

Alzheimer's Disease

Alzheimer's disease is an irreversible, progressive, terminal neurological disorder which results in loss of memory, loss of the ability to learn, to reason and to make sound judgments, and loss of the ability to communicate and carry out routine daily activities.

Risk Factors for Alzheimer's Disease

- 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 be affected by Alzheimer's disease.
- The number of African-Americans age 65 and over will more than double in the next 25 years.
- Children and siblings of African-Americans with Alzheimer's disease are at greater risk of developing the disease.
- Serious head injury may also put individuals at high risk for future Alzheimer's disease.

Symptoms of Alzheimer's Disease

- Memory loss
- Difficulty completing ordinary tasks
- Problems communicating; difficulty finding the right words
- Becoming disoriented; getting lost in familiar surroundings; losing a sense of time
- Loss of good judgment
- Problems with abstract thinking
- Misplacing things; putting objects in inappropriate places
- Rapid changes in behaviors and moods
- Personality change
- Loss of motivation and initiative
- Becoming increasingly indecisive

Vascular Dementia

Vascular Dementia is a degenerative disease leading to a progressive decline in memory and cognitive functioning that occurs when the blood supply to the brain is interrupted by a diseased or blocked vascular system.

Risk Factors for Vascular Dementia

- Increasing age
- High blood pressure, high cholesterol and diabetes increase the risk of vascular dementia
- African Americans are more likely than Caucasians to have high blood pressure and/or diabetes
- Smoking
- Being overweight
- History of stroke
- Family history of heart disease

Symptoms of Vascular Dementia

- Memory loss; lack of concentration
- Slurred speech
- Language problems
- Dizziness
- Weakness in arms or legs
- Rapid, shuffling footsteps
- Becoming disoriented; getting lost in familiar surroundings
- Severe depression
- Changes in behavior and mood

Diagnosis

Early diagnosis of dementia is important in obtaining proper treatment. Some types of dementia are caused by reversible medical conditions. African-Americans tend to be diagnosed later than Caucasians and may have more difficulty accessing and affording the healthcare system. Early diagnosis allows the individual to be an active participant in planning for the future.

Issues to Consider

1. Complete a Living Will
2. Assign Power of Attorney
3. Review financial status with a professional
4. Have important papers in order: Last Will and Testament; insurance policies
5. Discuss wishes with family, doctor and minister; put them in writing
6. Discuss end of life issues
7. Stay close to your most important support systems: family, church, friends, doctor
8. Talk to your doctor regularly about medications
9. Learn about community resources: dementia-specific day care, caregiver support groups, assisted transportation, financial aid, home health care

“Early diagnosis of dementia is important in obtaining proper treatment.”