Minorities living with dementia

African American and Hispanic communities will see the largest increase in dementia cases between 2015 and 2060. Currently, there are approximately 5.6 million older adults aged 65+ diagnosed with Alzheimer's disease and other related dementias, including 200,000 under age 65 diagnosed with early-onset Alzheimer's. By the year 2060, the number of dementia cases is expected to rise by 14 million, with minority populations being affected the most. Cases within the Hispanic community will increase sevenfold over the current estimate, while the number of African Americans diagnosed with dementia is expected to increase fourfold over today's estimate. There are several factors contributing to these numbers, including: higher instances of heart disease and diabetes in African American and Hispanic people, lower levels of education, higher rates of poverty, and greater exposure to discrimination. Women are twice as likely to develop Alzheimer's disease in comparison to men, primarily due to women living longer than men.

As a whole, people need to work together to understand the disparities in Alzheimer's disease and related dementias to develop prevention strategies and services targeted to assist those most at risk for developing the disease.
Supporting caregivers of people living with dementia is oftentimes overlooked when their needs do not seem to be as abundant as those living with the disease. This perception is false. Supporting caregivers is just as necessary as supporting those with dementia.

Learn: Educate yourself about Alzheimer's disease. The more you know, the easier it will be to find help.

Build a care team: Organize family and friends who want to help with caregiving. Coordinate helpers, and share tasks with a care team calendar.

Give caregivers a break: Make a standing appointment to spend time with the person with dementia to give the caregiver an opportunity to recharge.

Check in: Many Alzheimer's and dementia caregivers report feeling isolated and alone. Be sure to check in to help them feel supported.

Tackle the to-do list: Ask for a list of errands or chores that need to be done. It can be hard for a caregiver to find time to check these tasks off their list.

Be specific and be flexible: Specific offers of support ("I'm going to the store; what do you need?") can be more helpful than open-ended offers ("Call me if you need anything.")

Help for the holidays: Help caregivers at the holidays by offering to help with cooking, cleaning or gift shopping, or by offering to host family celebrations.

Join the fight: Honor a person living with the disease and their caregiver by getting involved with the Alzheimer’s Association. Volunteer, fundraise, advocate and more.
Holiday tips

Create a safe and calm space

- Tone down decorations
- Avoid safety hazards
- Play favorite music

Adapt holiday activities

- Prepare together
- Host a small gathering
- Avoid disruptions
- Provide a quiet place
- Do meaningful activities
- Keep outings brief

Celebrate at a care facility

- Celebrate in the most familiar setting
- Minimize visitor traffic

Prepare holiday visitors

- Provide an update: Let guests know ahead of time about changes in memory.
- Offer communication tips
- Suggest activities

Meet our intern

I'm Medina Sydykanova. I'm pursuing my Master’s degree in Healthcare Management (MSHM) from IU Bloomington. I have a full-time job parallel with my schooling, working as a Project Coordinator at the Regenstrief Research Institute. I was fortunate to be part of the ADRS for my MSHM practicum site. My goal is to help analyze data from the Brain Excellence Education (BEE) pilot launch in March 2022, lead discussions with the team, and develop insights to be further applied for the program’s next launch. Additionally, I will help create a Standard of Operations document for the BEE program to have the steps and guidelines in one place for subsequent launches. I’m excited to be part of the team!
A look inside

- Minorities with dementia
- Commission on Aging
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"You make a choice: Continue living life muddled in this abyss of self-misunderstanding, or you find your identity independent of it. You draw your own box."

- Duchess Meghan