Alzheimer's Disease

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life activities. The term "dementia" describes a wide range of symptoms associated with a decline in memory or other thinking skills. Alzheimer's is a type of dementia.

In 2020, Alzheimer's Disease and related dementias ranked as the 6th leading cause of death in the District, with approximately 13% of residents 65 and older living with the disease.

What is Alzheimer's Disease?

Alzheimer's disease is the most common type of dementia. It is a progressive brain disorder that affects memory, thinking and behavior and can seriously affect a person's ability to carry out daily activities.

Signs and Symptoms

- Memory loss
- Confusion with time and space
- Changes in mood and personality
- Misplacing items
- Difficulty solving problems
- Social Withdraw
- Speaking or writing problems
- Trouble with familiar tasks

Prevention

- Eat well
- Stay Active
- Learn new things
- Get enough sleep
- Mind your meds
- Stop Smoking and limit alcohol
- Stay connected
- Get memory screening

Risk Factors

- Age (60+)
- Family History
- Smoking or drinking alcohol
- Have one or more chronic diseases

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Treatment

- Medication
- Cognitive Training
- Diet
- Physical Activity

Resources for individuals living with Alzheimer's Disease and their Caregivers

Call the Alzheimer's Association 24/7 Helpline at 800-272-3900. This free service provides access to specialists and master's-level clinicians who offer confidential support and information to people living with dementia, caregivers, families and the public.

Visit **cdc.gov/aging** for more information on Alzheimer's disease and healthy aging from the Centers for Disease Control (CDC).

Visit **brainhealth.dc.gov** for more District of Columbia information and resources on brain health.

Go to **dacl.dc.gov** for information, events and resources from the DC Department of Aging and Community Living.