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

DC HEA

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

Alzheimer's Disease



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.



DC Health Mission: The District of Columbia Department of Health promotes health, wellness and equity across the District, and protects the safety of residents, visitors and those doing business in our nations's capital.

For more information about DC Health, including additional services, partnership opportunities, and for additional languages, call (202) 442-5955 or visit **dchealth.dc.gov**. For information on any District Government program, call 311.



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