

Alzheimer's disease

*Answering your questions & providing supportive services
for families facing dementia*



What is Alzheimer's disease?

- Alzheimer's disease is the most common cause of dementia — the loss of intellectual and social abilities severe enough to interfere with daily functioning.
- In Alzheimer's disease, healthy brain tissue degenerates, causing a steady decline in memory and mental abilities.

Caregiving for a loved one who has Alzheimer's disease or another dementia is one of the most emotionally, physically, and financially challenging experiences a family can face.

How many people are affected?

- Alzheimer's disease is not a part of normal aging, but the risk of the disorder increases with age.
- About 3 percent of persons age 65 to 74 have Alzheimer's disease, while nearly 50% over age 85 have Alzheimer's.

How many people are affected?

- Over the next forty years, as Baby Boomers approach their mid-60s, the number of people with Alzheimer's disease is expected to triple to as many as 16 million.

(2010 Shriver Report)

- In an even shorter amount of time, the number of Orange County seniors and their care partners will double to approximately 400,000 by 2030.

(Alzheimer's Association, California Council, 2009;
Alzheimer's Association Facts & Figures, 2011)

Is there a treatment for it?

- Although there's no cure, treatments can help improve quality of life for people with Alzheimer's disease. Those with Alzheimer's — as well as those who care for them — need support to overcome the extraordinary hurdles they will face as dementia progresses.
- Over the last 30 years, AFSC has become Orange County's one-stop-center for comprehensive solutions, offering affordable, high-quality services provided by experienced professionals who become partners in caring.

Our Services

- **DEMENTIA-SPECIFIC ADULT DAY HEALTH CARE** – Medical, rehabilitative, psychosocial, and nutritional adult day health care services based on an individualized plan of care within the context of a stimulating recreational program. Services are tailored to the changing needs of persons from the earliest to most advanced stages of dementia.
- **SUPPORTIVE CARE MANAGEMENT** – Includes information and referral, ad hoc telephone and in-person counseling, and relationship-building home visits to address high-risk situations (e.g., living alone) available to every caller at no cost. As partners in care, AFSC's professionals support the caregiver in developing solutions for everyday challenges, ranging from difficult behaviors to physician communication.

Our Services

- **CAREGIVER SUPPORT GROUPS** – Caregivers community-wide have access to 91 free support group sessions offered annually by AFSC in collaboration with the Alzheimer’s Association of Orange County. Support groups represent an important vehicle for caregivers to gain knowledge, skills, and support from their peers as well as a professional leader.
- **JUMPSTART** – A unique program comprised of ongoing weekly parallel support group sessions for early stage individuals and their care partners, plus bi-monthly education workshops and quarterly potlucks.

Our Services

- **SHORT-TERM COUNSELING** – Individual, family, and couples counseling offered in multiple formats (e.g., session-by-session or a package of support/education sessions) to help address problems such as family conflicts over care, depression, and unhealthy caregiving styles.
- **CAREGIVER EDUCATION** – Empowers caregivers with essential knowledge and coping skills and, thereby, helps alleviate caregiver risk for mental and physical health problems.
- **COMMUNITY EDUCATION & OUTREACH** – Addresses the lack of accurate information about dementia diagnosis, treatment, and available care-related services among at-risk seniors, families, and healthcare professionals.

Our Service Area

- As the only Alzheimer's Day Care Resource Center in Orange County, we accept participants from all over the county.
 - Our services are tailored for persons in the earliest to most advanced stages of dementia and their families.
- We provide education and outreach in our local communities.
- Each year, we serve approximately 235 families through ADHC and reach over 5,000 individuals through education and outreach.

The Story of Frank & Betty

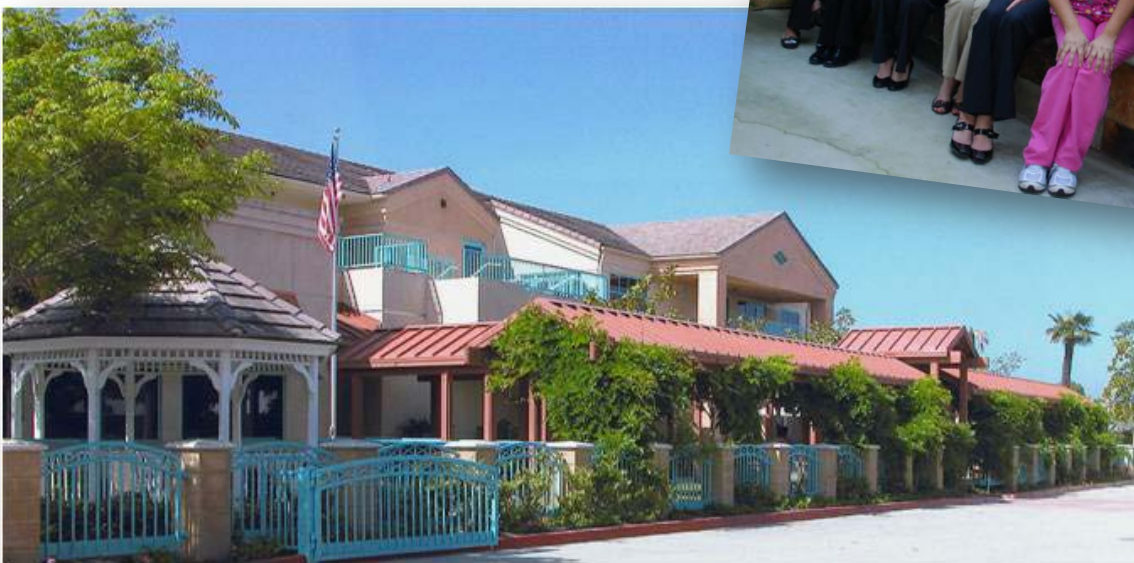
Betty has been bringing her husband, Frank, who has Alzheimer's disease, to AFSC since 2007. As Frank's dementia progressed, our staff developed strategies to manage his agitated cries for his wife and desire to leave.



At the recommendation of her care manager, Betty began attending a support group, which enabled her to overcome feelings of guilt and increase Frank's time at AFSC from two to five days.

Empowered with coping skills, support, and rest, Betty has been able to continue caring for Frank at home and protect her own health. AFSC both preserves the personhood of those with dementia and equips their caregivers with the resources they need to care for themselves and loved ones.

Until there is a Cure, there is Alzheimer's Family Services Center



We're Here to Help

If you or someone you know
may need our assistance,

please call

(714) 593-9630

or visit

www.AFSCenter.org