

# How To Navigate Early-Stage Alzheimer's Disease



**PRODUCED BY**



EXPERT HELP FOR FAMILIES FACING DEMENTIA

*Affiliated with the Hoag Neurosciences Institute*



# What We Can Expect



Unless there is a cure, over the next 20 years, as Baby Boomers turn 65, the age after which Alzheimer's disease becomes most prevalent, the total number of Orange County seniors and their care partners will double to approximately 300,000.



Source: Alzheimer's Association, California Council 2009

# A Growing Concern in OC



- There are close to 50,000 seniors affected by Alzheimer's disease in Orange County and it is estimated that approximately 28%, or close to 13,000 of those currently affected are in the early stages of the disease.<sup>1</sup>
- An additional 25,000 are affected by Mild Cognitive Impairment (MCI), a high-risk pre-dementia state.<sup>2</sup>

<sup>1</sup> Alzheimer's Association, California Council 2009

<sup>2</sup> Alzheimer's Association of Orange County

# Working Against The Clock



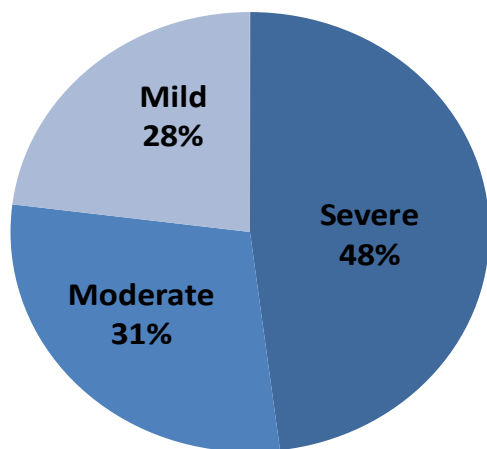
**Our ultimate goal is to completely prevent or cure Alzheimer's. Today scientists are working diligently to develop treatments that delay onset of Alzheimer's and slow its progression.**



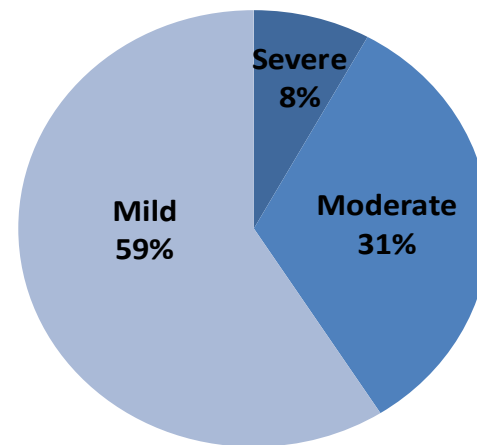
# Changing The Trajectory



For example, a hypothetical treatment breakthrough (e.g., medication) that slowed the progression of Alzheimer's disease would significantly decrease the number and proportion of those with the condition who were in the severe stage – a breakthrough that would ultimately reduce the emotional, physical, and financial costs to families in the long-run.



**Current Projection For 2050**



**Slowed Progression For 2050**

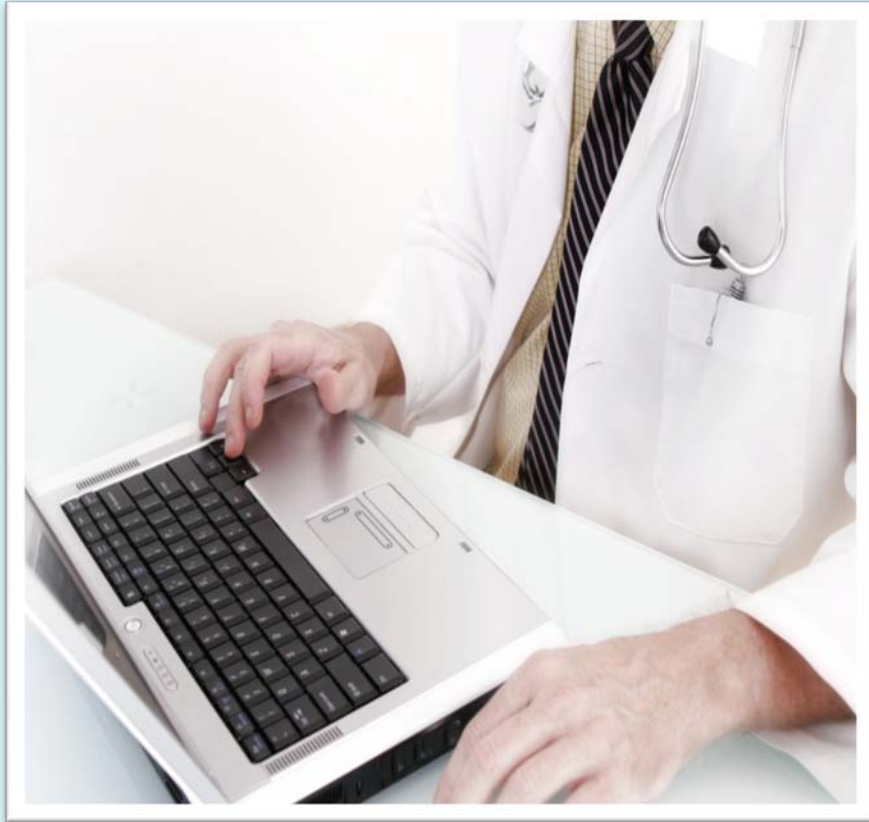
# What Families Can Do Now



While scientists work on a breakthrough, there is much that families can do to prepare for the journey of Alzheimer's. Early-stage interventions that integrate education with support and involve both the dementia-affected individual and care partner equip families with the practical knowledge and tools they need to plan ahead for the multiple challenges ahead.



# Not Knowing Where To Turn for Support



**All too often, however, when doctors give a diagnosis of early Alzheimer's disease, they provide little but a prescription, leaving families bewildered and on their own to find resources.**

# Help Is Just A Phone Call Away



At Alzheimer's Family Services Center, we have a team of dementia care experts that are just a phone call away. Our compassionate professionals become partners in caring who can connect families throughout Orange County to the multiple services they need to sustain them through the long-haul.

Give us a call at  
**(714) 593-9630**



# Leading The Way In Dementia Care



Located in Huntington Beach, California, **Alzheimer's Family Services Center** is affiliated with the Hoag Neurosciences Institute and has been serving Orange County for the last 30 years. As the county's only Alzheimer's Day Care Resource Center, we are a one-stop-center that offers cutting edge, specialized early-stage services not found elsewhere in the community.



# Early-Stage Day Programs



- **The New Connections Club**, offered on Mondays and Wednesdays, provides therapeutic activities, based on existing research, to enhance participants' cognitive, emotional, and physical functioning. Activities include cognitive skills classes (e.g., memory and language exercises), reminiscence, challenging games (e.g., chess, bridge), supportive discussions, and excursions (e.g., a picnic lunch, one-mile walk at the beach).
- **Pathways Club**, offered on Tuesdays and Thursdays for early-stage participants with physical limitations, includes the same therapeutic activities as the New Connections Club, with the exception of the one-mile walk.

# Dementia Education Services



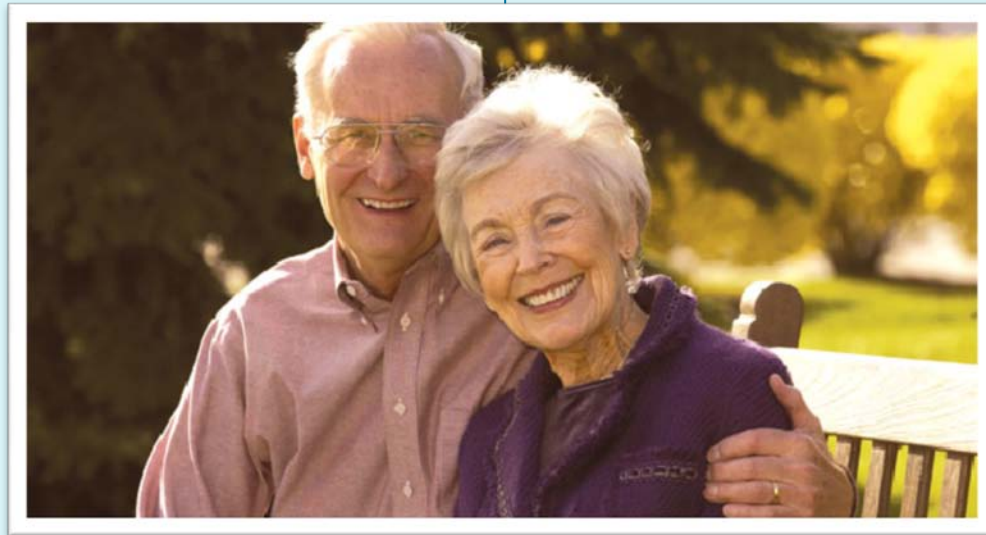
Education services, tailored for early-stage audiences as needed, are designed to empower attendees with essential knowledge and coping skills. Workshops are taught by experts in the field of dementia and cover a broad range of topics, from legal and financial planning to maintaining independence during early dementia.



# Early-Stage Counseling



**We offer a set of three counseling sessions designed to help early-stage individuals understand and adapt to a new diagnosis of Mild Cognitive Impairment or early Alzheimer's disease.**



# Until There is a Cure



## There is Alzheimer's Family Services Center



9461 Indianapolis Avenue, Huntington Beach, CA 92646

# Contact Our Expert Staff for Help



**(714) 593-9630 ♦ [www.AFSCenter.org](http://www.AFSCenter.org)**