

Bridging the Gap: Empowering Virginia Communities with Alzheimer's Education and Resources

ALZHEIMER'S  ASSOCIATION®

2026 ALZHEIMER'S DISEASE FACTS AND FIGURES



1 in 3 older adults
dies with Alzheimer's
or another dementia

Between 2000 and
2024 deaths from heart
disease have decreased

3.8%



while deaths from
Alzheimer's disease
have increased over

134%



It kills more than
breast cancer and
prostate cancer



COMBINED

OVER
7 MILLION

Americans
are living
with
Alzheimer's



NEARLY

13 MILLION

Americans provide
unpaid care for people
with Alzheimer's or
other dementias



These caregivers
provided more
than 19 billion
hours valued over

\$446 BILLION



In 2026, Alzheimer's
and other dementias
will cost the nation

**\$409
BILLION**

By 2050,
these costs
could rise to nearly

\$1 TRILLION



The lifetime
risk for
Alzheimer's
at age 45 is

1 in 5
for women

1 in 10
for men

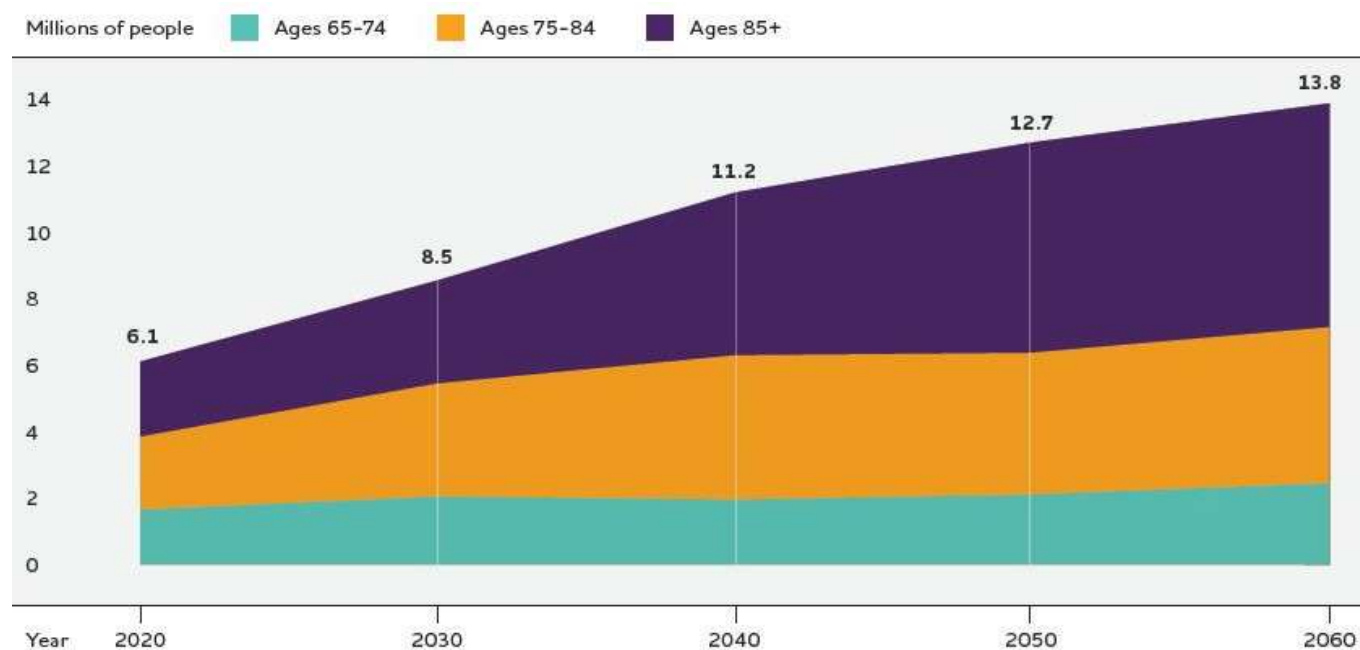
3 out of 4
Americans say
lifestyle behaviors
are important
for brain health,



but only
46%
strongly connect
these behaviors to
reducing dementia risk



Growing Number of Older Adults With AD in the U.S.



An estimated **7.4 million** older adults are living with Alzheimer's dementia in 2025.

This number is expected to **double by 2060**.

About the Alzheimer's Association

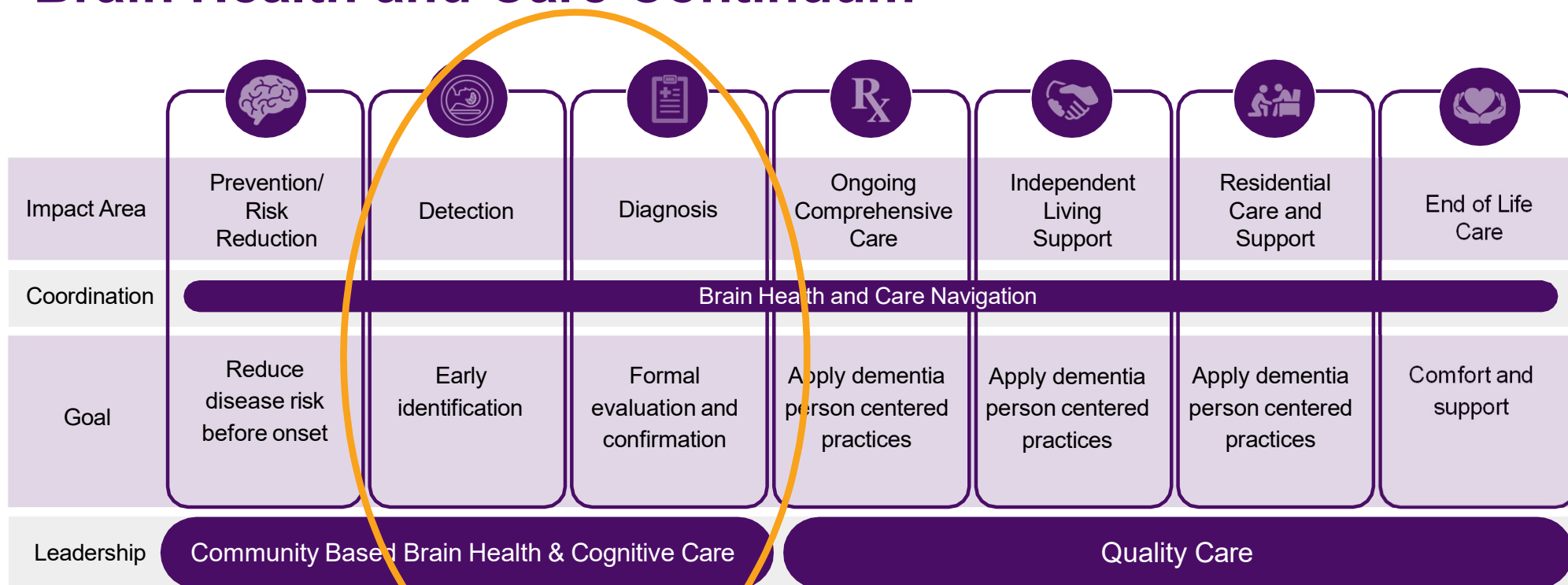
The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Our vision is a world without Alzheimer's and all other dementia®.





Brain Health and Care Continuum



Importance of Early Detection



Pay attention to any changes in **memory**, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, **take action** by having a conversation with a doctor, or a trusted family member or friend.

Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at [alz.org/treatments](https://www.alz.org/treatments).



New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments **work in varying degrees and are not effective for everyone**.



FDA-Approved Therapies for Alzheimer's

First description
of disease
1906

Treat Symptoms:
Cognition and Function

Treat Symptoms:
Mood or Behavior

Slow Disease Progression:
Cognition, Function and Behavior

		Asymptomatic Stage 1&2	MCI Stage 3	Mild ADem Stage 4	Mod ADem Stage 5	Sev ADem Stage 6
1996	donepezil (Aricept)					
2000	rivastigmine (Exelon)					
2001	galantamine (Razadyne)					
2003	memantine (Namenda)					
2014	memantine + donepezil (Namzaric)					
2020	suvorexant* (Belsomra)					
2023	lecanemab (Leqsebi)					
2023	brexpiprazole (Rexulti)					
2024	donanemab (Kisunla)					
2024	benzgalantamine (Zunveyl)					

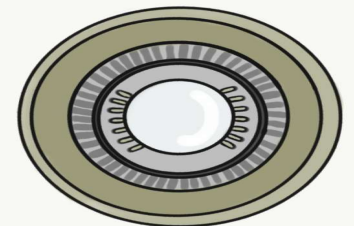
Recent and Upcoming Clinical Trial Readouts

		Asymptomatic Stage 0 or 1/2	MCI Stage 3	Mild ADem Stage 4	Mod ADem Stage 5	Sev ADem Stage 6
2025	US POINTER Implementation					
2026-7	Donanemab (TB3)					
2028	Lecanemab (AHEAD 3- ⁴ / ₅)					

Professionals/Care Partners Need To...

- Understand 'the condition' of brain change
- Understand the symptoms and progression
- Build skill in support and caregiving
- Build skill in communication and interactions
- Identify and utilize local resources

**Are you a THERMOMETER
or a THERMOSTAT?**



freewithin

Act Now: Support the ASAP Act

Congress can pass this essential bill —
but only with your voice

- Simple **blood tests can detect Alzheimer's** before symptoms appear — but a legal barrier prevents Medicare from covering them.
- **This is our “mammogram moment.”** Just as routine screening transformed breast cancer outcomes, the bipartisan ASAP Act will make early detection the standard for Alzheimer's.
- **Your story moves Congress.** Contact your members and share why early detection matters!

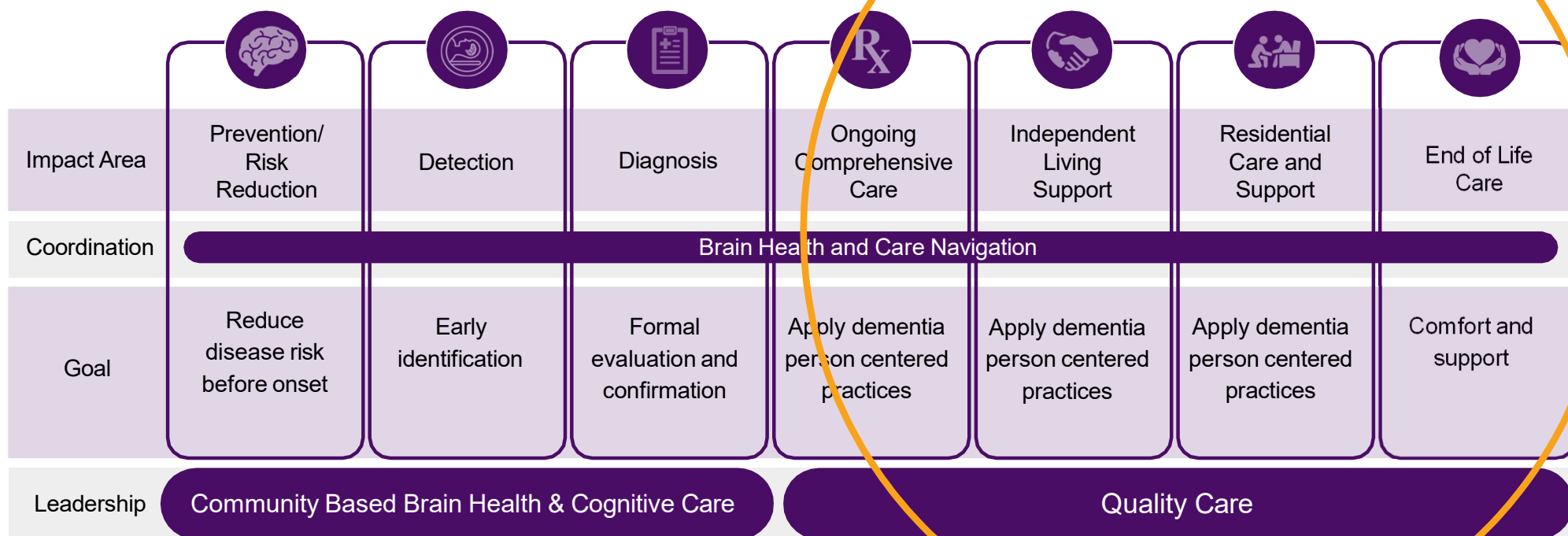


**Take
Action!**





Brain Health and Care Continuum





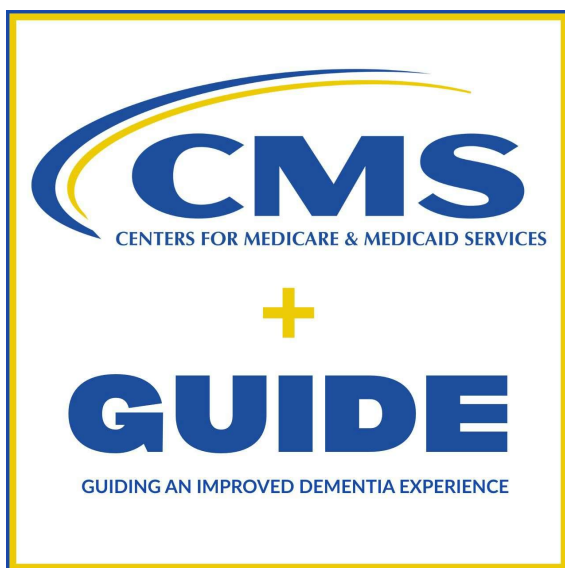
Dementia Care Interventions





Growing Quality Care Coordination

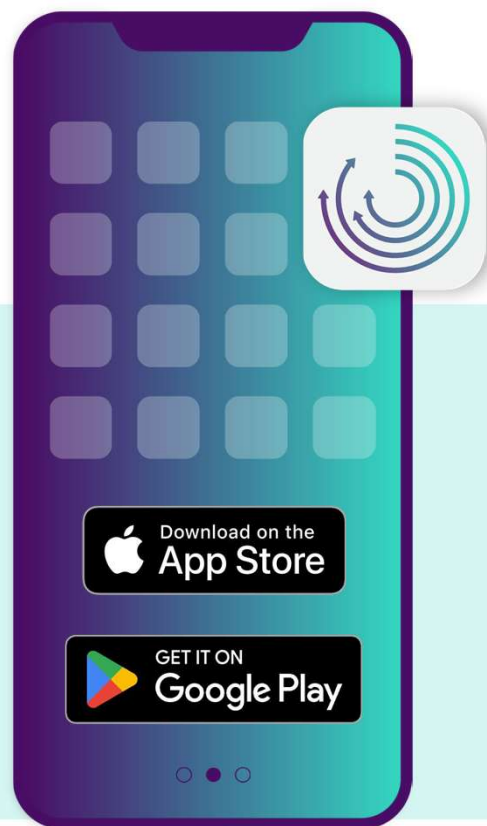
Dementia Care Navigation Training



Establish Dementia Specialists Across Virginia

Individuals diagnosed with or caring for someone living with dementia have to navigate a complex network of services and benefits to meet their care needs. With 164,000 Virginians living with Alzheimer's and the prevalence expected to continue to grow, Virginia needs a stronger infrastructure for providing accessible support to individuals living with dementia and their caregivers. The Alzheimer's Association is calling on state lawmakers to allocate \$4.1 million to establish Dementia Care Specialists in each of the 25 Area Agencies on Aging. These specialists will help families navigate through the stages of dementia, and provide caregiver education and support services, among other vital services.





My ALZ Journey

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**Support, guidance
and connection for
newly diagnosed
people and care
partners –
all in one app**



Free mobile app for newly diagnosed individuals and care partners



Provides personalized guidance, trusted resources and local connections



Helps users understand their diagnosis, stay independent and plan for the future



Connects users to their local Alzheimer's Association chapter for programs and support



Built with input from people living with dementia and care partners

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24/7 Helpline



The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

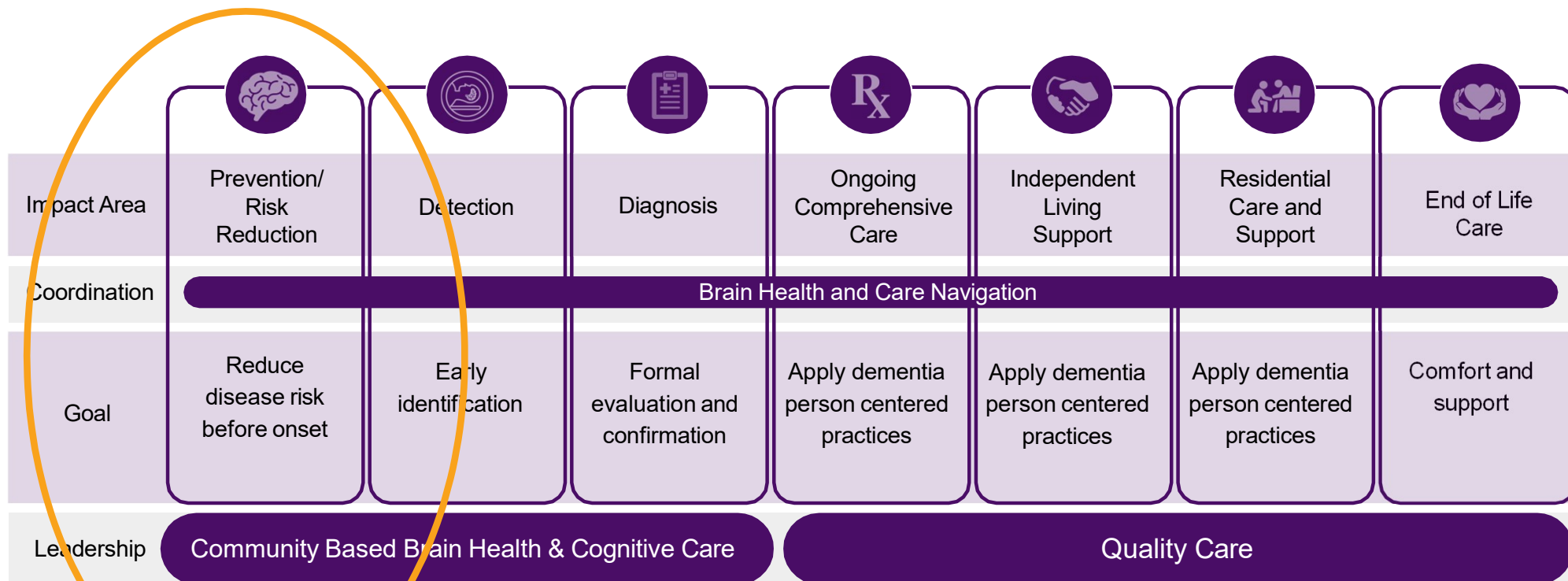
TrialMatch®

The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.





Brain Health and Care Continuum





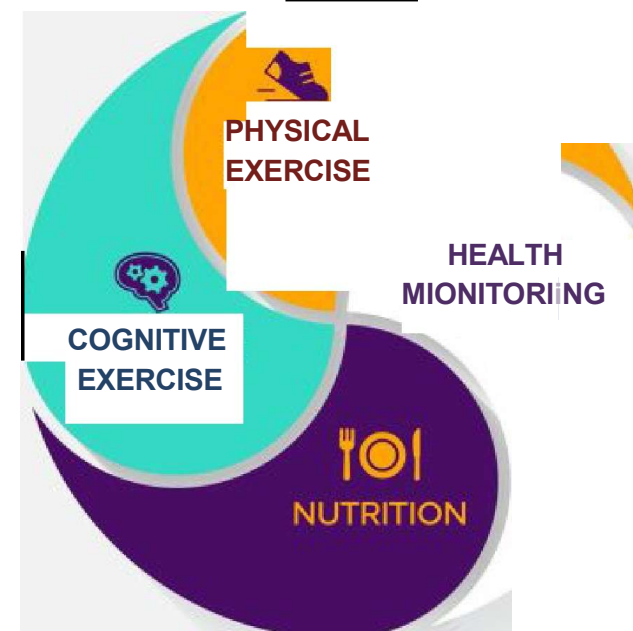
U.S. POINTER

ALZHEIMER'S ASSOCIATION

WHAT: Two-year representative clinical trial across the U.S.

HOW: Study intervention simultaneously targets multiple risk factors with a goal to protect cognitive function in older adults at increased risk for cognitive decline.

Results. U.S. POINTER shows healthy behaviors across multiple factors have a powerful impact on brain health



U.S. POINTER is the first large-scale, randomized controlled clinical trial to show that healthy lifestyle behaviors targeting multiple risk factors can protect cognitive function in diverse populations in communities across the United States

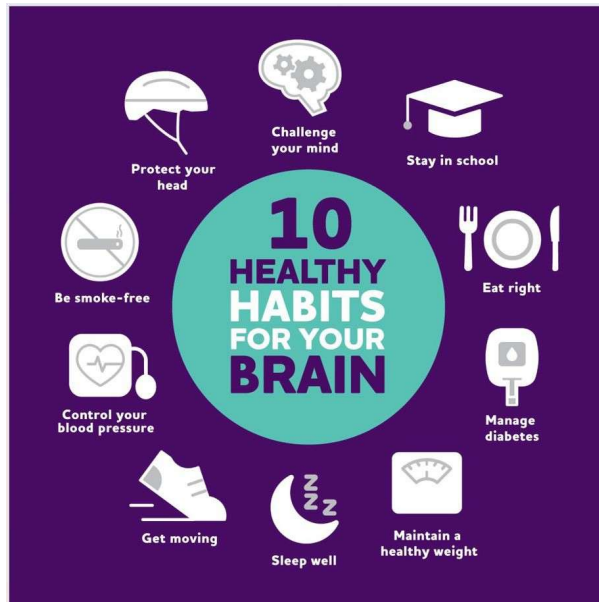
U.S. POINTER
ALZHEIMER'S ASSOCIATION



We all deserve a life with the
healthiest brain possible.

We can all take actions to help
protect our brain health.

Resources for Brain Health



MAKE YOUR PLAN FOR A HEALTHY BRAIN.

The **Alzheimer's Association® Brain Health Habit Builder** is a free online tool to check your current habits and make a plan to help protect your brain.

- » Answer a few brief questions.
- » Get your personalized results and tips based on your answers.
- » Create and save your action plan.

Visit alz.org/habitbuilder and start building your brain-healthy habits today.



Brain Health At Work™

The Alzheimer's Association Is The Leader In Brain Health

With the launch of the Alzheimer's Association Brain Health Advancement Institute™ (BHAi), decades of research is translated into practical tools. The Institute brings together the Association's research, professional education and systems-level partnership efforts under one integrated framework. It connects scientific discovery, prevention strategies and practice transformation to accelerate the translation of brain health research into tools, education and partnerships that drive measurable change.

**BRAIN HEALTH
ADVANCEMENT
INSTITUTE™**



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Research and translation



Awareness, education and outreach



Partnerships and systems activation





Don't Think
You Need To
Think About
Brain Health?

THINK AGAIN.

(re)think
your brain

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Resources

alterdementia.com(770)686-7730

<https://dfcentralvirginia.com>

<https://virginiannavigator.org>

[https://www.region4programs.org/
erba@rbha.org](https://www.region4programs.org/erba@rbha.org)

<https://dars.virginia.gov/aging/dementia-services/>

<https://namivirginia.org/resources/senior-resources/>

<https://www.raftnorthernvirginia.org/RAFT-Dementia-Support-Program>



Resources

MedicAlert + Safe Return with Wandering Support
800-432-5378
Caregiver and patient support groups.

Project Lifesaver – 1-877-580-LIFE (5433)
<https://projectlifesaver.org/about-us/where-we-are>

NIH Alzheimer's and related Dementias Education and
Referral Center (ADEAR Center) 800-438-4380
<https://www.nia.nih.gov/health/alzheimers-and-dementia/about-adear-center>



Resources

Teepa Snow's Positive Approach to Care -

<https://teepasnow.com/>

Teepa Snow HuH and Positive Physical Approach videos

<https://www.tiktok.com/@teepasnow/video/7112608860791393582?lang=en>

Department for Aging and Rehabilitative Services 800-552-3402

DARS Dementia Services 804-662-9154

<https://www.vda.virginia.gov/dementia.htm>

Southeastern Virginia Chapter <https://www.alz.org/seva>



Resources

Disease Management – contact
PCP/Psychiatrist/Neurologist
WTCSB Behavioral Health Urgent Care Center
Address: 5268 Godwin Blvd Suffolk, VA 23464 Ph: 757-
255-7133

Regional Housing Crisis Hotline 757-587-4202

Senior Services of Southeastern Virginia 757-461-9481

HRT Paratransit – Transportation (must call for eligibility)
757-455-8010

2-1-1 – Essential Community Services

Virginia Navigator Resource Center
<https://virginiannavigator.org/>

DISCUSSION