Introduction to Alzheimer’s
Participant’s Guide

Introduction
Alzheimer’s and Dementia

- Normal aging vs. dementia
- Alzheimer's and dementia: What's the difference?
- Risk Factors
Populations at higher risk

Hispanics are about 1.5 times as likely as whites to develop Alzheimer’s and other dementias.

African Americans are about twice as likely to develop the disease as whites.

Almost two-thirds of Americans living with Alzheimer’s are women.
## 10 Warning Signs of Alzheimer's

| 1. Memory loss that disrupts daily life |
| 2. Challenges in planning or solving problems |
| 3. Difficulty completing familiar tasks |
| 4. Confusion with time or place |
| 5. Trouble understanding visual images and spatial relationships |
| 6. New problems with words in speaking or writing |
| 7. Misplacing things and losing the ability to retrace steps |
| 8. Decreased or poor judgment |
| 9. Withdrawal from work or social activities |
| 10. Changes in mood and personality |

- It's possible for individuals to experience one or more of these signs in varying degrees.
- It's not necessary to experience every sign in order to raise concern.
- If you notice one or more signs in yourself or another person it's important to see a doctor.
- Visit alz.org/10signs to learn more about the 10 Warning Signs of Alzheimer's.
Importance of Early Detection and Diagnosis

Alzheimer’s Association Resources

Alzheimer’s Association Key Resources

We’re available wherever and whenever you need reliable information and support.

- On the phone – 24/7 Helpline, 800.272.3900
- Online – alz.org
- In communities nationwide – alz.org/CRF
Ways to Join the Fight

Let's take a look at some ways you can get involved.
Alzheimer’s Association Resources

• Call the 24/7 Helpline (800.272.3900). Care specialists and master’s-level clinicians provide reliable information and support all day, every day.
• Visit alz.org®, a robust repository of up-to-date dementia-related information and resources.
• Join ALZConnected® (alzconnected.org), our free online community, to connect with other caregivers or people living with dementia.
• Explore the Alzheimer’s Association & AARP Community Resource Finder (alz.org/CRF) to locate dementia resources, programs and services in your area, including your local Association office.
• Assess your needs and create customized action plans with Alzheimer’s Navigator® (alzheimersnavigator.org).
• Check out alz.org/research to learn more about Alzheimer’s and other dementias and the Association’s involvement in advancing the field of research.
• Go to alz.org/publications to access our catalog of brochures and topic sheets covering a variety of dementia-related topics.

For people living with dementia:
• Visit alz.org/IHaveAlz to start learning and planning in order to live your best life today.
• Access LiveWell Online Resources (alz.org/livewell) for free interactive tools and personalized steps for living well with the disease.
• Take our free Living with Alzheimer’s: For People with Alzheimer’s workshop online at alz.org/education or through your local Alzheimer’s Association office (alz.org/CRF).

For caregivers:
• Find support and information for all stages of the disease at alz.org/care.
• Visit alz.org/safety for a comprehensive offering of safety information, tips and resources.
• Take our free Living with Alzheimer’s: For Caregivers workshop series online at alz.org/education or through your local Alzheimer’s Association office (alz.org/CRF).

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