

HEALTH

Americans Address The Need To Better Prepare for Alzheimer's Disease

NewsUSA

(NU) - The odds that you know someone affected by Alzheimer's are high, considering that more than five million people are living with Alzheimer's and more than 15 million Americans provide unpaid care for those living with the disease.

With the number of people in the United States living with Alzheimer's disease expected to triple in the next few decades, to more than 16 million in 2050 it is not only individuals with Alzheimer's who are impacted – their family members and friends can feel the toll of providing care for loved ones.

As Alzheimer's and other dementias impact a growing number of individuals and their families, communities must find ways to become more supportive and accessible to those living with these diseases.

The Home Instead Senior Care network encourages Americans to pledge to learn more about the disease and how to compassionately engage with those who live with it.

No matter who you are, you have something to learn – from caregivers and families of those living with Alzheimer's, to business owners or simply those who want to be more respectful and compassionate to those they may meet suffering from Alzheimer's or other dementia.

Home Instead Senior Care invites everyone to participate in free online training based on your role.

These educational courses, created by experts in dementia care, will help people learn how to better respond to the needs of those living with the condition and their caregivers.

After the online learning sessions, participants are encouraged to share what they have learned with friends and family.

Interested individuals can find a training course that can help at www.AlzLearn.com.

Most courses take no more



than one hour to complete. The website also includes a variety of other free resources and opportunities to learn more about Alzheimer's and dementia. For example, Home Instead recommends these five tips to learn more about Alzheimer's and dementia:

1. Learn the symptoms. Visit <http://www.helpforalzheimersfamilies.com/alzheimers-dementia-dealing/symptoms-and-stages/> to learn more about the symptoms and signs of Alzheimer's and other dementias.

2. Read an article about Alzheimer's. Articles about Alzheimer's can be found at <http://www.helpforalzheimersfamilies.com/alzheimers-dementia-dealing/guide/>.

3. Watch and share the "I Will Remember You" video at <http://www.helpforalzheimersfamilies.com/alzheimers-dementia-dealing/capturing-memories/video/>.

4. Take an E-Learning Class. Visit <http://www.helpforalzheimersfamilies.com/alzheimers-dementia-education/> to find an online Alzheimer's and dementia class that interests you.

5. Spread the word. Take the Home Instead Alzheimer's Learning Day pledge and share on your social media channels why you are participating.

To explore more about Alzheimer's and dementia care and family caregiving, find a Home Instead office near you at www.homeinstead.com/state