
December 2022 Edition: Public Health News from the Alzheimer's Association

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alzheimer's  association



Alzheimer's Public Health News

December 2022

HBI Collaborative Launches New Website



HEALTHYBRAIN INITIATIVE

Collaborative

The Healthy Brain Initiative (HBI) Collaborative is a multi-component approach that aims to fully integrate cognitive health into public health practice, reducing the risk and impact of Alzheimer's and other dementia.

To see a list of members and what they are doing, visit the Collaborative's new website at hbicollaborative.org

Special Focus: Alzheimer's and Individuals with Intellectual Disabilities

December 3 was the [International Day of Persons with Disabilities](#), a time to recognize the importance of improving health equity in [Alzheimer's disease for people with Down syndrome](#), their families, and their friends. Individuals with Down syndrome develop Alzheimer's at an earlier age than people without Down syndrome. According to the [National Down Syndrome Society](#), about 30% of people with Down syndrome who are in their 50s, and about 50% of those in their 60s, have Alzheimer's disease. Yet many of these individuals are not receiving a timely diagnosis. Delays in the diagnosis of Alzheimer's disease among people with Down syndrome often result in delayed treatment, resulting in a reduced therapeutic window for effective use of medications.

While individuals with Down syndrome commonly experience sensory changes such as hearing and vision impairments that may affect their ability to participate in cognitive testing,

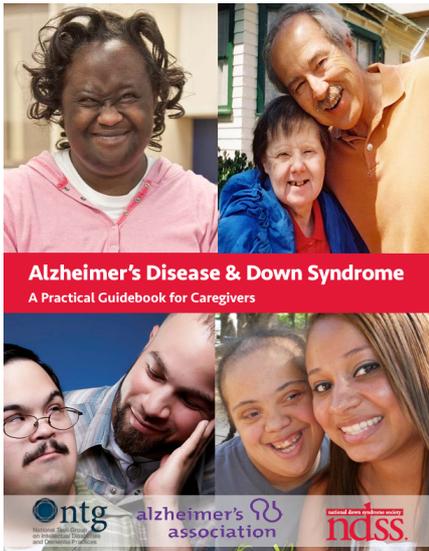
there is a widely recognized tool — the [Dementia Scale for Down Syndrome](#) (DSDS) — for providers to use. To improve health for people with Down syndrome and those who support them, public health can help educate providers about this tool and the critical importance of timely detection and diagnosis.



International Day of Persons with Disabilities

3 DECEMBER

Caregivers of People with Down Syndrome and Alzheimer's Disease are Often Unexpectedly Providing More Care



Lifelong caregivers who are parents of an individual with Down syndrome may experience a significant expansion in caregiving roles when their child is diagnosed with Alzheimer's disease. As parents themselves are aging, they may face their own age-related challenges and may not have anticipated providing dementia care for their child. Friends and community support may not be as robust for parents as they have spent much of their time and energy caring for their child. That increases the need for access to local resources that can provide support.

To assist parents, siblings often play an important caregiving role, but may also need to provide care for an aging parent at the same time. As a sibling, trying to balance multiple caregiving roles, their own family, and work responsibilities may be overwhelming.

For more information on caregiving for a person with Down syndrome, including resources, see the [guidebook](#) published by the National Down Syndrome Society.

Webinars and Upcoming Events

Healthy Brain Initiative Road Map — Seeking Success Stories

Accepting submissions through January 13, 2023

The Alzheimer's Association and CDC are currently developing the next [Healthy Brain Initiative Road Map](#). Examples of public health actions will be used throughout the Road Map and supplementary materials. If you have specific examples of how state and local health departments have implemented the current Road Map, please submit them for consideration. If you have more than one example, please fill out the form one time for each example. You can find the form [here](#).

Recording ALZ Talks: Alzheimer's, Dementia and the Holidays

ALZ TALKS

The holidays can be challenging for families facing dementia. Learn on this [webinar](#) about things to consider when planning visits and traditions.

The Alzheimer's Association's [Holidays and Alzheimer's](#) also has tips.

ALZ Talks: Healthy Habits for Your Brain

January 31, 2023 at 1:00 p.m. ET

Learn about research-based recommendations on ways you can reduce your risk of developing cognitive decline and possibly even dementia. This education program by the Alzheimer's Association will offer tips on how to make small changes to build healthier habits.

[Advance Your Career and the Future of Dementia Research](#)

Application Deadline March 10, 2023

The [Alzheimer's Association® Interdisciplinary Summer Research Institute \(AA-ISRI\)](#) is an immersive, no-cost opportunity for early career researchers in public health and psychosocial care to further a career in dementia science and accelerate breakthroughs in the field.

The Summer Institute will be held in Chicago from August 14-18, 2023. Experts will offer diverse perspectives on ground-breaking research through group sessions and individual mentoring. Applications are due March 10, 2023. Individuals from diverse backgrounds are encouraged to apply. To learn more and submit an application, visit alz.org/summerinstitute.

This opportunity is supported by the National Institutes of Health under award #1R25AG069678-01.

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The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead 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®.

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