

Black Women and Dementia: Two Sides of the Story

A program created by the Alzheimer's Association



Date: Saturday, February 20, 2021

Time: Noon-1 p.m. PST

Via Zoom

Registration at:
tinyurl.com/feb2sides

This one hour moderated panel discussion will focus on the dementia realms that frequently impact Black women. Older Black women are disproportionately more likely than older White women to have Alzheimer's or other dementias. Black women frequently take on the role as lead caregiver in many Black families, often carrying the responsibility for all aspects of care for a family member living with dementia.

Anafidelia Tavares, MD, MPH will share the impact of health disparities and other factors resulting in higher rates of dementia in Black women and Dr. Fawn Cothran will address the impact of caregiver stress on mental and physical wellness for Black women serving as dementia caregivers. This panel discussion will be followed by a presentation of Healthy Living for Your Brain and Body, a research based program examining the lifestyle changes that can be implemented to potentially reduce dementia risk.

PANELISTS



Anafidelia Tavares, MD, MPH
Senior Director of Programs
Alzheimer's Association NYC
Chapter



**Fawn Cothran, PhD, RN,
GCNS-BC, FGSA**
Asst. Professor, Family
Caregiving Institute at the
Betty Moore School of
Nursing, UC Davis



MODERATOR:

Teri Carlyle

Black Alzheimer's Association
Advisory Council Member and
Advocacy Volunteer

PROGRAM PROMOTIONAL PARTNERS:



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