



## VDA WEEKLY E-MAILING

November 4, 2014

### Table of Contents

[ACL News & Information](#)

[NASUAD Weekly Update](#)

[ACL Update:Medicaid Buy-In Opens Doors to Employment for People with Disabilities](#)

[ACL Update:The e-LTSS Initiative Needs You!](#)

[LCA Contacts Listing for Section Q Referrals](#)

[Amazon Fulfillment Center Among State Employers Honored for Championing Disability Employment](#)

[Participate in National Memory Screening Day](#)

[Virginia Caregiver Coalition Meeting](#)

[Free Webcast Today! Promoting Safe Medication Use and Storage](#)

[National Parkinson Foundation: Parkinson's Today e-Newsletter](#)

[2012 Behavioral Risk Factor Surveillance System \(BRFSS\) Data](#)

### ACL News & Information

Here is a link to news & information from the Administration for Community Living (ACL):

<http://www.acl.gov/NewsRoom/NewsInfo/Index.aspx>

### NASUAD Weekly Update

Here is a link to the weekly update from NASUAD:

<http://www.nasud.org/newsroom/friday-update>

Note: The web links in this document may change over time. DARS-VDA does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

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**October 29, 2014**

**Medicaid Buy-In Opens Doors to  
Employment for People with Disabilities**

*By Annette Shea, Administration for  
Community Living Program Specialist*

As Sharon Lewis, deputy administrator for the Administration for Community Living (ACL), noted in her [Disability Employment Awareness Month blog post](#) earlier this month, working is about more than earning a paycheck. It gives purpose and structure to our lives. In the late 1990s, the Medicaid Buy-In program launched historic changes for workers with disabilities. For individuals suppressing their income to gain or maintain access to critical community-based supports, it was life changing.

Today the Medicaid Buy-In program continues to provide workers with disabilities an opportunity to improve their economic well-being and achieve a better life. [Click here](#) to read more.



DIVISION FOR THE AGING  
VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES



UPDATES

**November 3, 2014**

**The e-LTSS Initiative needs you!**

Webinar: Thursday, November 6, 2015,  
from 12:30 p.m. – 1:30 p.m. ET

The Office of the National Coordinator for Health Information Technology and the Centers for Medicare and Medicaid are looking for participants in a new initiative that will focus on development of standards to enable the creation, exchange and re-use of interoperable, person-centric service plans for use by providers, beneficiaries and payers.

States, providers, vendors, payers, and any other interested stakeholders are welcome to join the kick-off webinar. [Click here](#) to learn more or to register for the webinar.

## LCA Contacts Listing for Section Q Referrals

*Cecily Slasor, Administrative Support*

DARS has been asked by the Department of Medical Assistance Services (DMAS) to update the Local Contact Agency (LCA) listing. If you have not heard from us yet, please provide the name, phone number, email address, fax number, and cities and counties served to [Cecily.slasor@dars.virginia.gov](mailto:Cecily.slasor@dars.virginia.gov) by close of business this Thursday. Thank you.



**DIVISION FOR THE AGING**  
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AND REHABILITATIVE SERVICES

## Amazon Fulfillment Center Among State Employers Honored for Championing Disability Employment

*Cecily Slasor, Administrative Support*



*Commonwealth of Virginia*

*Office of Governor Terry McAuliffe*

### **FOR IMMEDIATE RELEASE**

Date: October 29, 2014

#### **Office of the Governor**

Contact: Brian Coy

Email: [Brian.Coy@governor.virginia.gov](mailto:Brian.Coy@governor.virginia.gov)

Phone: 804-225-4260

### **Amazon Fulfillment Center Among State Employers Honored for Championing Disability Employment**

*Awards ceremonies across the state celebrate Disability Employment Awareness Month.*

The Amazon Fulfillment Center in Chesterfield County, which has hired more than 40 clients of the Virginia Department for Aging and Rehabilitative Services (DARS), was among the Virginia employers honored this month for outstanding commitment to hiring and supporting people with disabilities in the workplace.

DARS held six awards ceremonies across the state to recognize Virginia's champions of disability employment and to celebrate October as Disability Employment Awareness Month. The final awards ceremony was held today at Stratford University in Virginia Beach. Previous events were held in Central Virginia, Northern Virginia, Southside, the Peninsula and the Shenandoah Valley.

"Virginia prospers when all of its workers have a chance to contribute to our great Commonwealth," **said Governor Terry McAuliffe.** "These employers deserve credit for providing job opportunities to individuals with disabilities, but the real reward for these



businesses is a productive, capable, vigorous workforce committed to high-quality products and services and a stronger economy that benefits everyone.”

Among the 30 Disability Employment Champions Award recipients this year are:

Amazon Fulfillment Center, Chesterfield County

- The Hershey Co., Stuarts Draft
- Skookum Contract Services, Fort Lee
- U.S. Fish and Wildlife Service
- Defense Commissary Agency (DeCA), Norfolk
- Walmart Supercenter, Stuart

“These employers cut across a variety of economic sectors, from commerce to manufacturing to retail,” said **Dr. William A. Hazel, Secretary of Health and Human Resources**. “The jobs they create enable workers with disabilities to learn skills, earn wages and engage with coworkers and their communities.”

DARS’ Division of Rehabilitative Services offers vocational rehabilitation to assist people with disabilities to prepare for, secure, retain or regain employment.

“This month raises awareness about disability employment issues and honors the many diverse contributions of Virginia’s workers with disabilities,” said **DARS Commissioner Jim Rothrock**. “Truly advancing disability employment is about much more than just hiring; it is about creating a common ground of career opportunities and a continuum of inclusion in the Commonwealth.”

This year’s theme for National Disability Employment Awareness Month is “Expect. Employ. Empower.” Learn more about this national campaign to raise awareness about disability employment issues and the contributions of America’s workers with disabilities [here](#).

### **Asif Bhavnagri**

Office of Governor Terence R. McAuliffe

Press Special Assistant

804.971.8513

[asif.bhavnagri@governor.virginia.gov](mailto:asif.bhavnagri@governor.virginia.gov)

## Participate in National Memory Screening Day

*Charlotte Arbogast, MSG, Dementia Services Coordinator*

On November 18, the Alzheimer’s Foundation of America will hold National Memory Screening Day. Healthcare professionals provide free, confidential memory screenings at myriad sites



nationwide. Screening sites include doctors' offices, hospitals, Alzheimer's agencies, assisted living facilities, libraries and pharmacies. The results are not a diagnosis, but can indicate whether participants should follow up for a full examination. To sign up as a memory screening site, [click here](#), or to locate a memory screening site in your area, [click here](#).

Charlotte Arbogast, MSG

Dementia Services Coordinator

Virginia Department for Aging and Rehabilitative Services

Division for Aging

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[www.alzpossible.org](http://www.alzpossible.org)

## Virginia Caregiver Coalition Meeting

*Ellen M. Nau, MA, Program Coordinator*

November 13, 2014 9:15 AM

Educational Program on Fairfax County's Kinship Care Program followed by Business Meeting

Participation available from the DARS Conference Room Contact: Ellen Nau

[Ellen.Nau@dars.virginia.gov](mailto:Ellen.Nau@dars.virginia.gov)

Participate via video conferencing at:

**MEOC** Contact: Julia Trivett Dillon [jtrivett@meoc.org](mailto:jtrivett@meoc.org)

**District III Senior Resources** - Sissy Frye [sfrye@smyth.net](mailto:sfrye@smyth.net)

**New River Valley Agency on Aging** - Cassie Mills [cmills@nrvaoo.org](mailto:cmills@nrvaoo.org)

**Roanoke Blue Ridge Independent Living Center** - Christian Thomas [casemgt@loaa.org](mailto:casemgt@loaa.org)

**Madison DARS** Lynnette Scott [lscott@rrcsb.org](mailto:lscott@rrcsb.org)

**Fairfax County** Lucy Gerland [Lucy.Gerland@fairfaxcounty.gov](mailto:Lucy.Gerland@fairfaxcounty.gov)

**Hampton DARS** Judy Hutchinson [sw3@paainc.org](mailto:sw3@paainc.org)

**Williamsburg DARS** Christy Jensen [cjensen@excellenceinaging.org](mailto:cjensen@excellenceinaging.org)



DARS' *Lifespan Respite Voucher Program* has funding available to provide reimbursement of up to \$400 per year per for the primary family caregiver of an individual in need of respite services. Note these **three** important requirements:

- the primary family caregiver and the care recipient must reside in the Commonwealth of Virginia;
- the primary family caregiver must reside in the same physical location as the person receiving / needing respite services; and
- if the family currently receives respite services, funds cannot be used to replace current funding for respite/daycare or to pay for respite just to allow the caregiver to work. Funding must be used to provide services that allow the caregiver to take a break from caregiving duties: it must go "above and beyond" what is currently being received.

Note that with these new Federal grant funds, DARS is required to make a special effort to reach out to unserved / underserved populations, particularly in rural areas and among individuals of Hispanic and Asian ethnicity. If approved, individuals must pay for the respite services up-front, then apply for reimbursement through DARS. Application materials can be accessed only by contacting **Mary Strawderman, Respite Program Coordinator** via phone 804.662.7505 or e-mail [mary.strawderman@dars.virginia.gov](mailto:mary.strawderman@dars.virginia.gov).

**DEFINITION:**

*Respite is planned or emergency care provided to a child or adult with a special need in order to provide temporary relief to the family caregiver of that child or adult. Respite services may be provided by an individual or organization on a temporary basis, in a variety of settings, including the family home, adult day centers, respite centers, or residential care facilities. Respite is a key component of family support and home and community based long-term services and supports. Respite services strengthen family systems while protecting the health and well-being of both caregivers and care recipients. (Definition from ARCH National Respite Network & Resource Center)*

**Policy Update: Federal and State Legislation to Support Grandfamilies**

Ana Beltran

Generations United, [abeltran@gu.org](mailto:abeltran@gu.org)

<http://scholarworks.wmich.edu/grandfamilies/vol1/iss1/4>

Building on the progress of the last 20 years, helpful federal and state legislation continues to be pursued on behalf of grandfamilies. This update summarizes policy efforts during the last year and looks ahead to what is on the horizon.



### [Cost of family caregiving in U.S. estimated to be \\$522 billion a year, study says](#)

Washington Post | October 28, 2014

"The cost of informal caregiving for aging family members in the United States is estimated to be \$522 billion a year, or about 15 percent larger than Virginia's entire economy, a new study has found.

The RAND Corp. arrived at the estimate by tallying the hours friends and family devote to elder care and calculating the cost if that work were performed by unskilled workers earning the minimum wage. The cost would be higher - an estimated \$642 billion a year - if skilled nursing care was used instead, the nonprofit organization said. By comparison, Virginia's total GDP in 2013 was about \$453 billion, according to the U.S. Commerce Department's Bureau of Economic Analysis.

### **Richmond Area Caregivers**

November is National Family Caregiver's Month and Nia, Incorporated of Greater Richmond is celebrating with a day of Care, Support and Information for family caregivers. The Preparing to Care Caregiver's Conference is on Saturday, November 22, 2014 at the Saint Paul's Baptist Church Creighton Campus.

This year's conference is for you if you

- Care for an adult or senior family member with a chronic illness, or
- Are concerned about your aging parents, or
- Care for a child with disabilities, or
- Want more information about being a caregiver.

Conference presenters include:

- Mary Ann Johnson, Program Director, Greater Richmond Chapter of the Alzheimer's Association
- Garland Creighton, CPA and author of [Coming Alongside: Exchanging the Anguish and Heartache of Caregiving for Laughter, Love and Peace of Mind](#)
- Sheryl Garland, Vice President of Health Policy and Community Relations, VCU Health System
- Melanie Lee, Esquire of the Lee Law Office: Trusts & Estates, Estate Administration, & Business Law

Keynote speaker, Peter Rosenberger, says "If you love somebody, you will be a caregiver. If you live long enough, you'll need one." Peter is the author of [Wear Comfortable Shoes](#), and the soon



to be released [Hope for the Caregiver](#). Peter has been his wife's sole caregiver for nearly thirty years. Conference details and registration information are available online at <http://www.niainc.org/ptc14>.

**[Special Needs Alliance \(SNA\)](#)**: a nonprofit comprised of attorneys who have guided thousands of families through the process of planning for a loved one's long-term well-being. Many SNA members have children or siblings with disabilities, adding a personal perspective to their legal insights.

Visit their [website](#) for information on...

#### **Getting Organized**

<http://www.specialneedsalliance.org/the-voice/developing-an-estate-plan-for-parents-of-children-with-disabilities-a-15step-approach-2/>

#### **Guardianship and Advance Directives**

<http://www.specialneedsalliance.org/the-voice/18-19-21-candles-on-that-cake-2/>

#### **Special Needs Trusts**

<https://www.specialneedsalliance.org/the-voice/your-special-needs-trust-explained-2/>

#### **Trustees**

<http://www.specialneedsalliance.org/free-trustee-handbook/>

#### **Letters of Intent**

<http://www.specialneedsalliance.org/the-voice/letter-of-intent-4/>

*SNA is partnering with The Arc to collaborate on providing educational resources, building public awareness, and advocating for policies on behalf of people with I/DD and their families.*

**[Find a special needs attorney near you.](#)**

Ellen M. Nau, MA

Program Coordinator

Virginia Department for Aging and Rehabilitative Services

1610 Forest Avenue

Henrico, VA 23229

[Ellen.Nau@dars.virginia.gov](mailto:Ellen.Nau@dars.virginia.gov)



Free Webcast **Today!** Promoting Safe Medication Use and Storage

*Cecily Slasor, Administrative Support*



Don't forget to register in advance for this **free** webcast! Then join us on November 4<sup>th</sup> at 12:30 EST and log in to the webcast using your registration information. We hope to see you there!

## WEBCAST ON PROMOTING SAFE MEDICATION USE AND STORAGE

November 4, 12:30-1:30 pm EST

**FACTS?**

FOR MEDICINE POISONING  
= **1** EVERY 8 MINUTES

ER +

CHILDREN MOST COMMONLY FIND MEDICATIONS ON COUNTERS, NIGHT STANDS & DRESSERS; IN PURSES & BAGS; OR ON THE GROUND

HOW ARE CHILDREN GETTING THE MEDICINE?

Put your medicines **up AND away** and out of sight

ELECTRICAL OUTLETS ARE THE **#1** SAFETY CONCERN OF GRANDPARENTS

[f Like](#) [t Tweet](#)

### Promoting Safe Medication

#### Use and Storage

#### *Overview of Policy & Education Efforts*

Medicine safe storage education used to focus primarily on parents of babies and toddlers, but new data shows that of the nearly 70,000 young children who visit the ER each year after getting in to medicines left within reach, approximately 38% of the time, that medicine belonged to a grandparent.

Put your medicines  
**up AND away**  
and out of sight



Tuesday, November 4th

12:30 - 1:30 PM EST

Webcast



This webcast will focus on medicine storage education specifically for seniors and the communities who serve them. The webcast aims to inform and engage collaborators and stakeholders in the senior health/aging space around the issue of safe medicine storage and disposal, both to keep young grandchildren safe from accidental medicine poisoning and abuse, and to protect curious teens from accessible medicines that can be abused. Tips for medicine adherence will also be addressed.

**WEBCAST SPEAKERS:**

**Sue Peschin, MHS**  
President & CEO  
Alliance for Aging Research

**Dan Budnitz, MD, MPH/CDC**  
Medication Safety  
ProgramUpAndAway Campaign

**Kate Carr**  
President & CEO  
Safe Kids Worldwide

**Stephen Pasierb**  
President & CEO  
Partnership for Drug-Free Kids

**Marcia Lee Taylor**  
Senior Vice President, Director of

[REGISTER FOR THE  
WEBCAST](#)

E-mail questions to

Kait Reinert at  
[kreinert@agingresearch.org](mailto:kreinert@agingresearch.org)

As more and more grandparents are taking on a caregiving role in their grandchildren's lives, education on safe use and storage should be a top priority.

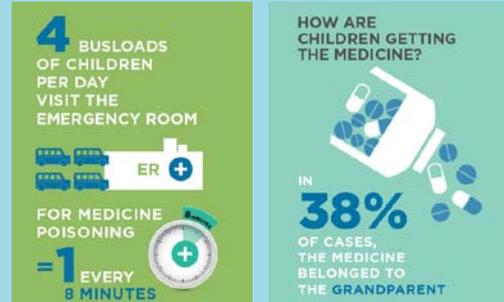


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Gov Affairs  
Partnership for Drug-Free Kids

**Emily Skor**  
Executive Director  
CHPA Educational Foundation

**Rebecca Burkholder**  
Vice President, Health  
PolicyNational Consumers League



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National Parkinson Foundation: Parkinson's Today e-Newsletter

*Cecily Slasor, on behalf of Patsy Asuncion*

\* Parkinson's Caregiver meeting this Thursday, NOV 6, 10:45-11:45am, Senior Center

\* NOV is National Parkinson's Caregiver Month

Patsy Asuncion

PD Caregiver Group Contact

[Donate Now](#)

[View this email in your web browser](#)

## PARKINSON'S TODAY

November 2014



HELPLINE: English / Español  
1.800.4PD.INFO (473-4636)  
Get your PD questions answered.



[Find Locations](#) | [Parkinson.org](#)

### November is National Family Caregivers Month



#### CareMAP: A New Caregiver Resource for Managing Advanced Parkinson's

People often have more questions than answers when it comes to caring for someone with advanced Parkinson's; and now, *CareMAP* is here to help. This online space helps caregivers get the right information at the right time. Made possible by the generous support of Acadia Pharmaceuticals and Abbvie.

[>>READ MORE](#)

YOUR COFFEE  
HAS NEVER  
BEEN SO  
STYLISH!



**SHOP NOW**



#### Emory University Joins NPF's Center of Excellence Network

NPF has designated The Jean and Paul Amos Parkinson's Disease and Movement Disorders Program at Emory University as a Center of Excellence. This competitive designation is the highest recognition offered by NPF to a Parkinson's specialty clinic and represents the consensus of peers and leaders in the field that the Emory center is among the world's leading centers for Parkinson's

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research, outreach and care.

[>>READ MORE](#)



**Free Webinar: Caring for Someone with Parkinson's**

Register now to join NPF on **Thursday, November 13th at 1:00 p.m. ET** for a special webinar that will discuss practical pointers and effective strategies that care partners can use to make life easier for both themselves and their loved ones with Parkinson's.

[>>READ MORE](#)



**Honor the Caregiver in Your Life**

This month, take time to say thanks to the caregiver in your life who helps you face the daily challenges of Parkinson's disease and is with you every step of the way. Show your support by creating a tribute page or making a gift to the National Parkinson Foundation and we will send a card to your caregiver acknowledging your gift.

[>>READ MORE](#)



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200 SE 1st Street | Suite 800  
Miami, Florida 33131 | [parkinson.org](http://parkinson.org)



National Office  
800.473.4636



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## 2012 Behavioral Risk Factor Surveillance System (BRFSS) Data (Attachments)

*Charlotte Arbogast, MSG, Dementia Services Coordinator*

- [Press Release from the Alzheimer's Association Central and Western Virginia about BRFSS findings](#): According to findings from the Cognitive Module of the 2012 Behavioral Risk Factor Surveillance System (BRFSS) in Virginia, 10.3 percent of respondents aged 45 and older reported increased confusion or memory loss. And, 42 percent of respondents said that this confusion/memory loss interfered with their daily life. Despite the known benefits of early detection, 75 percent of individuals with increased memory problems have NOT discussed their symptoms with a health care provider. About 56% reported being in poor or fair health, including physical and mental health.
- [1-page Fact Sheet on Virginia findings](#).



Central & Western Virginia Chapter

Contact: **Mary Sandridge**, 434.973.6122 x 106, [msandridge@alz.org](mailto:msandridge@alz.org)

**ONE IN 10 PEOPLE IN VIRGINIA AGED 45 AND OLDER REPORT WORSENING CONFUSION OR MEMORY LOSS, YET 75 PERCENT HAVE NOT CONSULTED A DOCTOR**

***New Data Suggests No Let Up in Dementia Epidemic as the Baby Boomers Age and Confirms the Need for Awareness of the Benefits of Early Detection***

**Charlottesville, VA, October 30, 2014** – According to findings from the Cognitive Module of the 2012 Behavioral Risk Factor Surveillance System (BRFSS) in Virginia, 10.3 percent of respondents aged 45 and older reported increased confusion or memory loss. And, 42 percent of respondents said that this confusion/memory loss interfered with their daily life. Despite the known benefits of early detection, 75 percent of individuals with increased memory problems have NOT discussed their symptoms with a health care provider. About 56% reported being in poor or fair health, including physical and mental health.

A growing body of evidence shows that self-reported memory problems are a good predictor of future Alzheimer's or other dementia. Thus, the new data from the BRFSS suggests that as the Baby Boomers age – and as those currently identified as having increasing memory problems may go on to develop some form of dementia – the Alzheimer's crisis in America will continue and grow into the foreseeable future.

With few individuals talking to a health care provider at the earliest stages of their memory problems, the new data also underscore the need for greater efforts to promote early detection and diagnosis. While there are not currently treatments available to slow or stop the progression of the disease, early detection allows people to get the maximum benefit from available treatments, consider participating in a clinical trial, establish a support network, and plan for the future. Additionally, studies have shown that the ability to educate oneself and plan for the future is a tremendous asset in anticipating challenges and reducing anxiety, depression, and stress – and improves quality of care by allowing for better management of other chronic conditions.

"The Alzheimer's Association Chapters in Virginia partnered with the Alzheimer's Commission to include this cognitive module in the BRFSS survey," explained Sue Friedman, CEO/President of the Central and Western Virginia Chapter. "We are now working with the Dementia Services Coordinator and the Commission to add the caregiver module to the

BRFSS survey, as this data will enhance our understanding of the program/service needs of Virginians dealing with Alzheimer's and dementia."

There are 130,000 people living with Alzheimer's and 447,000 unpaid caregivers in Virginia, according to the Alzheimer's Association® 2014 Alzheimer's Disease Facts & Figures. Alzheimer's Association chapters nationwide facilitate more than 4,500 support groups and conduct 20,000 education programs annually. The Alzheimer's Association provides consultation to 250,000 people in need each year through its toll-free 24/7 Helpline (1-800-272-3900). The only one of its kind, the Helpline is staffed by masters-level counselors and provides information and guidance in more than 170 languages and dialects.

Knowing the Alzheimer's Association 10 Warning Signs of Alzheimer's is critical to early detection and receiving the best care possible. To learn the 10 Warning Signs, visit [alz.org/10signs](http://alz.org/10signs).

#### **About the Alzheimer's Association**

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit [www.alz.org](http://www.alz.org) or call 800-272-3900.

###



# cognitive decline in virginia

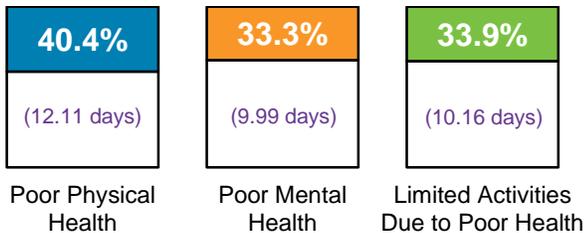
DATA FROM THE 2012 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Virginia, **10.3 percent** of those aged 45 and over report that they are experiencing confusion or memory loss that is happening more often or is getting worse.

**Three-quarters** of them have not talked to a health care professional about it.

For those with worsening memory problems, **more than 40 percent** say it has interfered with household activities and/or work or social activities.

Portion of last 30 days, on average, people with memory problems experienced . . .

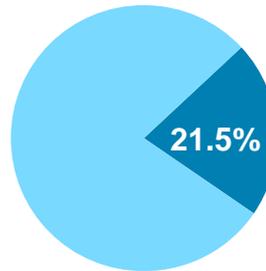
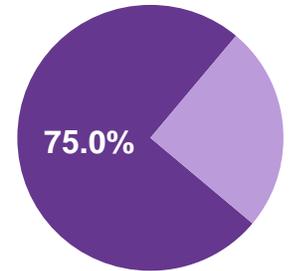


## Characteristics of those with memory problems

Disabled	65.6%
In Fair/Poor Health	56.1%
Ever Had Depression	45.8%
Have Trouble Seeing	49.8%
Smoke	26.1%

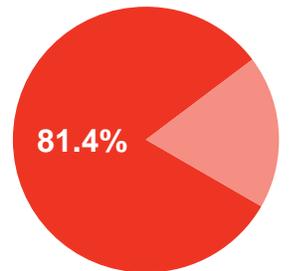
*This Fact Sheet is supported by Cooperative Agreement #5U58DP002945-04 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer's Association and do not necessarily represent the official views of the CDC.*

Percent with memory problems who have not talked to a health care provider



Percent with memory problems who live alone

Percent with memory problems who have at least one other chronic condition\*



*\*Other chronic condition is defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes.*

Percent with memory problems who say it creates difficulties and burden

