

# Challenges Facing Alzheimer's and Dementia Caregivers Are Compounded by Stress of Navigating Care Needs

The Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures report reveals that both dementia caregivers and health care workers report difficulties in navigating dementia care within the U.S. health care system. The report provides an in-depth look at the latest national and state-level statistics on Alzheimer's disease prevalence, mortality, caregiving, dementia care workforce and costs of care. The new report estimates that 6.9 million people age 65 and older in the U.S. are living with Alzheimer's dementia, including 210,500 in North Carolina.

This year the cost of caring for people living with Alzheimer's and other dementias is projected to reach \$360 billion - a \$15 billion increase from a year ago. This does not include unpaid care provided by family caregivers and friends. Last year in North Carolina there were 373,000 dementia family caregivers, providing 723 million hours of unpaid care valued at \$10.9 billion.

North Carolina caregivers and those across the country face significant emotional, physical and health-related challenges as result of caregiving as well, according to the report:

- Dementia caregivers report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In North Carolina, 58.8% of caregivers reported at least one chronic condition.
- The prevalence of depression is higher among dementia caregivers when compared to caregivers for other conditions. In North Carolina, 41% caregivers reported depression.
- Seventy-four percent of dementia caregivers report they are "somewhat concerned" to "very concerned" about maintaining their own health since becoming a caregiver. In North Carolina, 18.1% report frequent poor physical health.

• Across the country, 59% of dementia caregivers report high to very high emotional stress due to caregiving and 38% report high to very high physical stress due to caregiving. "The new Facts and Figures report sheds light on the continued pressures that many North Carolina families are going through as a result of Alzheimer's and other dementias," said Katherine L. Lambert, CEO of the Alzheimer's Association - Western Carolina Chapter. "As the number of individuals living with Alzheimer's continues to grow, ensuring patients, their caregivers and families have a clear understanding of how to navigate dementia care resources is critical to improving health outcomes."

An accompanying special report, "Mapping a Better Future for Dementia Care Navigation, provides a comprehensive look into dementia care navigation by surveying dementia caregivers and health care workers on their experiences, challenges, awareness and perceptions of care navigation in dementia care. Dementia care navigation provides clinical and nonclinical support to people living with dementia and their caregivers to overcome barriers that compromise care and health outcomes.

### Key findings:

- In 2023, 11.5 million family and other caregivers of people living with Alzheimer's or other dementias provided an estimated 18.4 billion hours of unpaid help. On average, this represents nearly 31 hours of care per caregiver per week or 1,612 hours per caregiver per year.
- A majority of caregivers (70%) report that coordination of care is stressful.
- More than half of the caregivers surveyed (53%) said that navigating health care was difficult.
- 2 in 3 caregivers (66%) also have difficulty finding resources and support for their needs.
- The top five stressors for caregivers are: Cost (reported by 42% of caregivers); Coordinating with multiple doctors (36%); Securing appointments (35%); Getting help taking a break (35%); Finding appropriate doctors (32%).
- Care navigation facilitates medical and social support to alleviate patient and caregiver stress. Despite coordinating care and scheduling being top stressors for caregivers, only half of the caregivers surveyed (51%) have ever talked with a health care professional about challenges finding their way through the health care system or asked for help with dementia care.
- Black and Hispanic caregivers report managing care on a daily basis (43% and 45%, respectively) compared to White caregivers (31%).
- The vast majority of dementia caregivers (97%) say that they would find navigation services helpful. Services cited most often by caregivers include: A 24/7 helpline (36%); Help with coordinating care and communication between different specialists (34%) and; Getting help in understanding their care recipient's condition (34%).
- 60% of health care workers surveyed believe that the U.S. health care system is not effectively helping patients and their families navigate dementia care. Nearly half (46%) say that their organizations do not have a clearly defined process for care coordination and clinical pathways for patients with mild cognitive impairment (MCI), Alzheimer's disease or other dementia.

"The big takeaway from this year's special report is that dementia caregivers want and need help navigating the complex health care system and accessing community-based services," said Lambert. "Given the added complexities of dementia care, we hope our report will encourage health systems and practices to think more intentionally about the challenges facing dementia caregivers and formalize dementia care navigation programs to help them."

Get additional statistics from the report for Alzheimer's disease prevalence, mortality, cost of care, caregiving and dementia care workforce. Full text of the 2024 Alzheimer's Disease Facts and Figures report, including the accompanying special report, Mapping a Better Future for Dementia Care Navigation, can be viewed at [alz.org/facts](http://alz.org/facts). The report will also appear in the May 2024 issue of Alzheimer's & Dementia: The Journal of the Alzheimer's Association.

**About the Alzheimer's Association - Western Carolina Chapter:** The Western Carolina Chapter provides patient and family services, information and referral, education, and advocacy in 49 central and western North Carolina counties. It offers opportunities to get involved and to make a difference, in addition to a variety of services including: a 24/7 Helpline, support groups, educational programs and care consultations. For more information about Alzheimer's disease or the Alzheimer's Association - Western Carolina Chapter, visit [alz.org/northcarolina](http://alz.org/northcarolina) or call (800) 272-3900. For the latest news and updates, follow us on Facebook, X (formerly Twitter) and Instagram.

**About the Alzheimer's Association:** The Alzheimer's Association is a worldwide voluntary health organization dedicated to 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. Visit [alz.org](http://alz.org).

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# Church

### APRIL 14

**Special Music Worship Service** with Band of Brothers at Mt. Beulah Baptist Church, 3373 Country Club Rd, Wadesboro, 10:30am.

### APRIL 20

**Singles Workshop** At Divine Unity H.O.R.M., 6090 Hwy 109 S, Wadesboro, 10am. Theme: "What do you do while you wait on Mr. Boaz?" with Pastor Renwick Fisher of True Holiness COG in Kannapolis, accompanied by Pastor Christine Hall of Flakes Chapel in Wadesboro & Pastor Terry Little of West Deep Creek MBC in Wadesboro.

### APRIL 21

**190th Church Homecoming** at Gum Springs Baptist Church, 3520 Haileys Ferry Rd, Lilesville, with Rev. David Ross, Associational Missions Strategist, at 11am. Lunch on the grounds follows service. All are invited for this celebration!

### APRIL 27 & 28

**160th Church Anniversary Celebration** at Galilee AME Zion Church. Sat - Banquet Celebration at Lockhart-Taylor Center, 514 N. Washington St. in Wadesboro, 1pm. Tickets \$35 individual, \$65 couple. 910-825-2909 or [galileeanniversary@gmail.com](mailto:galileeanniversary@gmail.com). Sunday-Worship at 11am at Galilee, 300 Galilee Rd. in Morven.

### APRIL 28

**Missionary Program In Memory of Bishop Willam E. Taylor** at Johnson Chapel Holiness Church, 3pm with Bishop Walter Ellerbe. All are invited.

### MAY 4

**Dollar Day Yard Sale** hosted by Faith-Based Center of Hope at Harvest Ministries Outreach Center, located behind Pizza Hut in Wadesboro, beginning at 7:30am. All proceeds to help less fortunate Anson citizens. Contributions & donations are appreciated. For info please contact Vancine Sturdivant 704-294-0480 or Patricia Robinson 704-848-4995.

### MAY 12

#### Annual Women's Day

On Mother's Day at Greater St. Mark Church of Deliverance, 1003 N. Main St. in Wadesboro, 11:30am with National Mother Elder Mahalia Williams. All women please wear white.

#### Mother's Day Program

At 11am at Cedar Creek Baptist Church, 1293 Cedar Creek Rd, Wadesboro with Rev. Judy Little of West Deep Creek Baptist Church. Theme is Proverbs 31:25 She is clothed with strength and dignity, and she laughs without fear of the future. Come & help us lift up the name of the Lord.

# Events

### APRIL 10

#### Anson Ag Advisory Board Meeting

9am to review applications for the Anson County Voluntary Agricultural District Progrm. Location: Extension office, 501 McLaurin St in Wadesboro.

### APRIL 16

#### Board of Commissioners Meet

6pm in Board Room, Suite 209, in Government Center, 101 S Greene St in uptown Wadesboro. Meetings are available online at [youtube.com](http://youtube.com), search for Anson Commissioners. To appear, sign up prior to meeting. Info 704-994-3201.

### APRIL 21

#### NAACP Meeting

They invited you to attend. 5pm at the HOLLA! Community Center, 229 E. Main St. in Morven. NAACP meets every 3rd Sunday of the month. For info: Sinic Marsh [mrshs6@yahoo.com](mailto:mrshs6@yahoo.com) or 704-254-0630.

#### ONGOING EVENTS

##### Popcorn & a Movie

4th Thursday each month, 1-3pm at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

##### Compassionate Friends Meet

on the 2nd Thursday of each month.at 7pm, at the Training Room at First Baptist Church, Lee Avenue in Wadesboro. Bereaved parents, family and friends who have lost a child of any age are invited. Info 704-694-2425

##### Direct and Counter Cyclical Program Sign-ups

Call the Farm Service Agency Office at 704-694-3516 ext. 2 to complete eligibility forms

## Dollar Day Yard Sale on May 4

**Contributions & donations gratefully accepted.**

**All proceeds go to help those less fortunate**

Faith-Based Center of Hope is holding a Dollar Day Yard Sale at Harvest Ministries Outreach Center on Saturday, May 4 beginning at 7:30 a.m. The public is invited to enjoy shopping all the great bargains, with all the proceeds going to help less fortunate citizens in Anson County.

If you have any items to donate to the sale or would like to make a contribution to this worthy cause, please contact Vancine Sturdivant at 704-294-0480 or Patricia Robinson at 704-848-4995.

Harvest Ministries is located at 1134 East Caswell Street (Highway 74) in Wadesboro, behind Pizza Hut.

## Governor Roy Cooper Proclaims April as Sexual Assault Awareness Month

Governor Roy Cooper proclaimed April as Sexual Assault Awareness Month to spread awareness and help address this pervasive issue impacting the lives of millions Americans each year. According to the National Center for Injury Prevention and Control, more than half of women and nearly 1 in 3 men in the United States have experienced sexual violence involving physical contact during their lifetimes.

"We must stand by survivors of sexual assault and ensure they are given the support and resources they need," said Governor Cooper. "During this month, we recommit ourselves to working to stop sexual assault and increasing awareness, education and accountability in North Carolina."

To show support, North Carolinians were encouraged to join others around the country on April 2 by wearing teal and sharing images across social media using #WearTealDay.

"Sexual assaults occur more often than we know as many cases go unreported each year," said NC Department of Administration Secretary Pamela B. Cashwell. "It is important that we not only educate the community on how to protect themselves from sexual violence but also provide resources to help remove the stigma behind sexual violence, so no one is ever too afraid, ashamed or embarrassed to come forward."

By definition, sexual violence is any unwanted physical or verbal advances including sexual activity, abuse, harassment, and assault. Sexual assault can affect people of any gender identity, sexual orientation, race, ethnicity, socioeconomic status, or religion. It can also occur online or through various means of technology. This can include posting or sharing sexual pictures of someone without their consent, or non-consensual sexting.

The NC Department of Administration's Council for Women and Youth Involvement (CFWYI) funds 101 sexual assault programs in 96 of North Carolina's 100 counties. These programs offer counseling, 24-hour crisis lines, transportation, court and advocacy services.

During the 2022-23 fiscal year, more than 11,000 individuals in North Carolina sought intervention services from a CFWYI-funded rape crisis center following an experience of sexual violence. This number includes 2,391 children under the age of 18 and more than 27,700 crisis calls and chats. Only 5.7% of victims reported being assaulted by a stranger.

If you or someone you know is experiencing sexual violence, please know that help is available. For resources, including a directory of state-funded sexual assault agencies, visit the NC Council for Women and Youth Involvement website, [doa.nc.gov/divisions/council-women-youth](http://doa.nc.gov/divisions/council-women-youth).

**About NCDOA and the NC Council for Women and Youth Involvement** The NC Department of Administration acts as the business manager for North Carolina state government. Under the leadership of Secretary Pamela B. Cashwell, the department oversees government operations and advocacy programs. The department's advocacy programs help to promote and assist diverse segments of the state's population that have been traditionally underserved. NCDOA's Council for Women and Youth Involvement division advises the governor, state legislators and state leaders on issues that impact women and youth.

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