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Research and Extension

Alzheimer's 101

Knowledge for Life

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“Alzheimer’s disease is the biggest health crisis facing the world today.”

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State	Projected Number with Alzheimer's (in thousands)		Percentage Increase
	2020	2025	2020-2025
Kansas	55	62	12.7

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There's a difference!

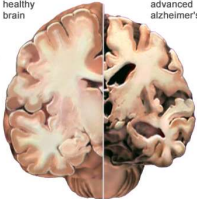
Dementia
A decline in mental ability severe enough to interfere with your daily life

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Alzheimer's: What is it?

An irreversible, progressive brain disease that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.



healthy brain advanced alzheimer's

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Know the 10 Signs

- #1** Memory loss that disrupts your daily life
- #2** Challenges in planning or solving problems
- #3** Difficulty completing familiar tasks
- #4** Confusion with time or place

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Know the 10 Signs

- #5** Trouble understanding visual images and spatial relationships
- #6** New problems with words in speaking or writing
- #7** Misplacing things and losing the ability to retrace steps
- #8** Decreased or poor judgement

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Know the 10 Signs

- #9** Withdrawal from work or social activities
- #10** Changes in mood and personality

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What should I do?



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Benefits of Early Detection and Diagnosis

- Learn and understand your own disease process
- Explore resources in your community and online
- Remain independent for a longer period of time
- Receive the maximum benefit from available treatments
- Participate in clinical trials
- Participate in planning your own future healthcare
- Plan for your financial future
- Name someone you trust to make decisions for you when you become unable
- Reduce burden and stress on your family members and loved ones

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Steps to Better Brain Health

-  Break a Sweat
-  Hit the Books
-  Follow Your Heart
-  Buddy Up
-  Fuel Up Right

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Steps to Better Brain Health




Robot Plus always tells the truth.
 Robot Minus always lies.
 Plus: It's bigger than 33.
 Minus: It's bigger than 41.
 Plus: It's even.
 Minus: It's less than 35.
 Plus: It's not 36.
 Minus: Then it's 40.

<https://logiclike.com/en/brain-teasers/for-seniors>

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Steps to Better Brain Health



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ANSWER: 38

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Steps to Better Brain Health

-  Heads Up!
-  Stump Yourself
-  Catch some Zzz's
-  Butt Out
-  Take Care of Your Mental Health

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It's Time to Get Active!



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A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

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<https://seasonedtimes.com/printable-puzzles-for-seniors/>

<https://games.aarp.org/category/all-games>

<https://logiclike.com/en/brain-teasers/for-seniors>

