

xenium

WORKPLACE HEALTH WEBINAR

ALZHEIMER'S AWARENESS & BRAIN HEALTH

December 9, 2025

HOUSEKEEPING



How long is today's webinar?

45-minute webinar w/ Q&A



How can I engage in this session?

Use the Q&A or chat features to ask questions and engage



Will the recording and slides be available after this session?

Yes! We'll send an email the next day with the slides & recording.

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INTRODUCTIONS



Brandon Laws

VP of Marketing & Product

MODERATOR



Suzi Wear

Managing Director of L&D for Xenium

Community Educator for Alzheimer's Association

SPEAKER

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ALZHEIMER'S ASSOCIATION

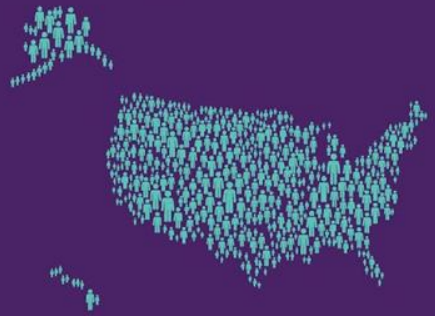
The Impact of Alzheimer's and Dementia in Our Community



www.alz.org/hello

2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

Over
7 MILLION
Americans are living with Alzheimer's



1 IN 3
older adults dies with Alzheimer's or another dementia

IT KILLS MORE THAN
breast cancer + prostate cancer
COMBINED

Between 2000 and 2022 deaths from heart disease have decreased
2.1%

while deaths from Alzheimer's disease have increased
142%

In 2025, Alzheimer's and other dementias will cost the nation
$384 BILLION

By 2050, these costs could rise to nearly
$1 TRILLION

The lifetime risk for Alzheimer's at age 45 is

1 IN 5 for women

1 IN 10 for men

NEARLY 12 MILLION
Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided more than 19 billion hours valued at nearly
$413 BILLION

UP TO 4 IN 5
Americans feel optimistic about new Alzheimer's treatments in the next decade

92%
of Americans would want a medication to slow the progression of Alzheimer's following a diagnosis

About the Alzheimer's Association

The Alzheimer’s Association leads 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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Dementia

An umbrella term for loss of memory and other thinking abilities **severe enough to interfere with daily life**.



- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- Mixed dementia: dementia from more than one cause

What is **Alzheimer's**?

Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.

Alzheimer's is a progressive disease, where **symptoms gradually worsen** over a number of years.

In the early stage, memory loss is mild. But as the disease progresses, **individuals will need around-the-clock care**. The disease is ultimately fatal.





10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
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 judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

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Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at **alz.org/treatments**.

New treatments are available that slow disease progression for those in the earliest stages.

Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.

Everyone experiences Alzheimer's differently, treatments **work in varying degrees and are not effective for everyone**.





Take Charge of Your Brain Health

There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are **actions we can take to improve our brain health**.

Growing evidence shows that **healthy living can lower the risk of cognitive decline and possibly dementia.**

Our brains need to be taken care of at all ages. It is never **too early or too late** to take action to protect brain health.

THE U.S. POINTER BRAIN HEALTH RECIPE*



*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.

10 HEALTHY HABITS FOR YOUR BRAIN



Protect your head



Be smoke-free



Get moving



Challenge your mind



Control your blood pressure



Manage diabetes



Sleep well



Stay in school



Eat right



Maintain a healthy weight



Control Your Blood Pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.

Manage Diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity, and medication, if necessary.

Get Moving

Engage in regular physical activity. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day - walking, dancing, gardening - whatever works for you!





Eat Right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.





Maintain A Healthy Weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list - eating right, physical activity and sleep - can help with maintaining a healthy weight.

Sleep Well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Be Smoke-Free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.





Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.





Stay In School

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college, or online.

Challenge Your Mind

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

Why these 10 HEALTHY HABITS FOR YOUR BRAIN ?

Currently, these risk factors have the strongest levels of evidence.

There may be other risks to brain health but the current body of science is lower or unclear. Exciting research is exploring many topics, including hearing and vision loss, stress, air pollution.

Learn more alz.org/healthyhabits

An Aging Workforce

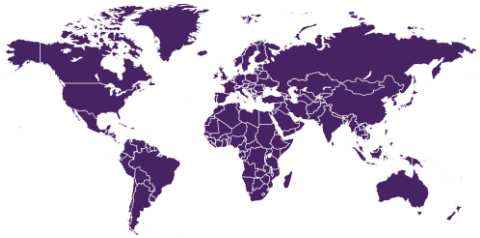


19% Roughly, one-fifth of U.S. workers today are 65 years of age or older, a figure that's nearly double the 1987 rate.



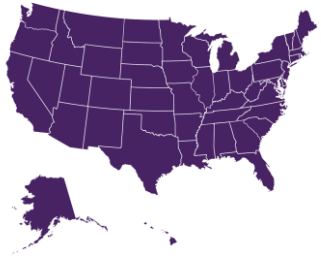
For every 100 people diagnosed with dementia, **five to 10** are younger than 65 and are therefore considered "younger-onset."





For every 100,000 workers aged 30 to 64, 119 develop younger-onset dementia, translating to: **3.9 million cases worldwide**.

Caregivers in the Workforce



Over 11 million

Americans provide unpaid care for people living with Alzheimer's or other dementias.

6 in 10

caregivers were employed in the past year.



These individuals worked an average of

35 hours

per week while caregiving.

18% of caregivers went from full-time to part-time or cut back hours.



Nine percent of caregivers gave up working entirely.

Balancing Work, Life, and **Dementia**

- **Familiarize yourself with your employer's health, disability, and leave benefits,** including options like FMLA, short-term disability, and flexible work arrangements
- **Communicate openly with your manager** about your needs and request reasonable accommodations under the ADA, such as adjusted duties or schedules
- Take advantage of confidential counseling, caregiving referrals, legal aid, and financial planning **through your Employee Assistance Programs**

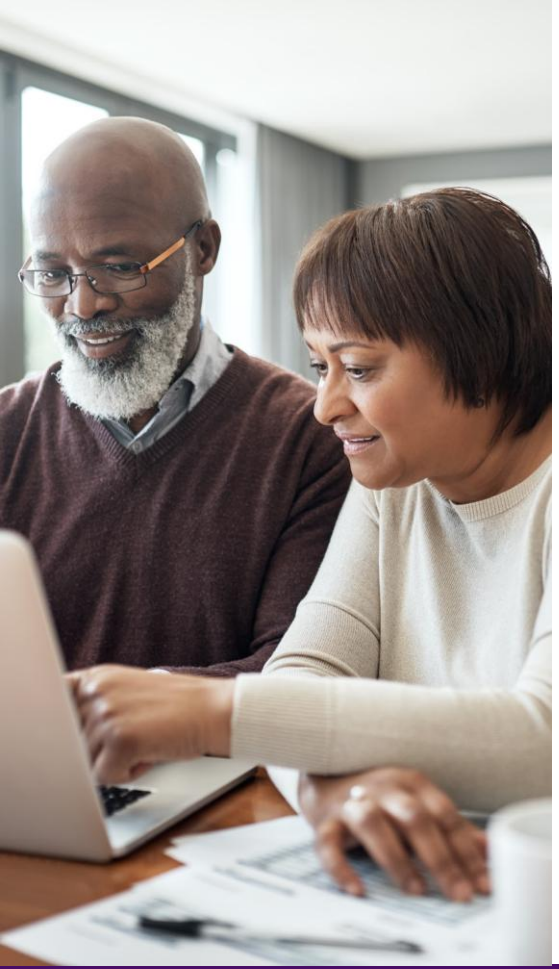


A True Story

“I’ll never forget the moment, minutes before my first board meeting as a new CEO when my mom, who was living with Lewy Body Dementia, called me sobbing. She was convinced my son had died in a plane crash. Her fear was so real, so raw. I had to steady my voice, reassure her, and somehow shift gears to lead a room full of board members. I made it through, but only because I knew I wasn’t alone. My colleagues understood. They supported me.

In that moment, that meant everything.”





24/7 Helpline

The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.

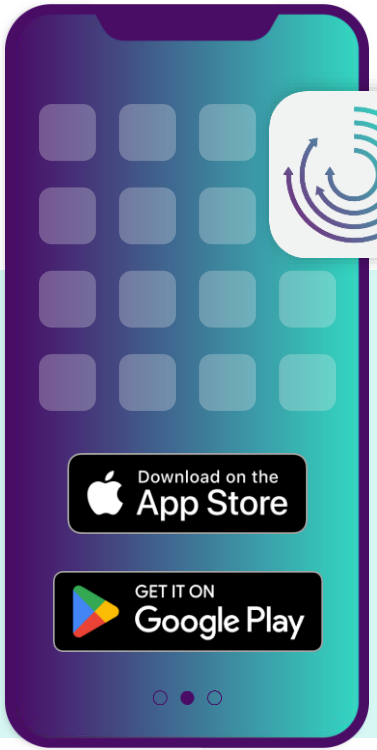
Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

ALZNavigator

ALZNAVIGATOR
ALZHEIMER'S ASSOCIATION

Just answer a few questions about your situation and ALZNavigator will guide you to the resources and tools you need today and throughout each step of the disease — all in one place. Whether you're a caregiver, a person living with dementia, or someone concerned about memory loss, find the support you need.



My ALZ Journey

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Support, guidance and connection for newly diagnosed people and care partners – all in one app

- Free mobile app for newly diagnosed individuals and care partners
- Provides personalized guidance, trusted resources and local connections
- Helps users understand their diagnosis, stay independent and plan for the future
- Connects users to their local Alzheimer's Association chapter for programs and support
- Built with input from people living with dementia and care partners

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

Held annually in more than 600 communities nationwide, the **Alzheimer's Association Walk to End Alzheimer's®** is the world's largest fundraiser for Alzheimer's care, support and research.

alz.org/walk



Do What You Love to End ALZ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

There's no limit to what you can do!

From hiking, golfing, gaming, or crafting, to playing pickleball or bridge, hosting a cookout or purple party — choose your passion, add the power of your community, and get started.

DO WHAT YOU LOVE TO END ALZ™

ALZHEIMER'S ASSOCIATION®

alz.org/dowhatyoulove





Join Us!

- ✓ Get to know your benefits.
- ✓ Help your colleagues by providing education or a support group.
- ✓ Promote brain healthy habits at work and in the community.
- ✓ Fight Alzheimer's through a fundraising activity of your choice on a day that works for you.
- ✓ Become a corporate partner.
- ✓ Visit alz.org or call our helpline to learn more.



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Q&A

SESSION

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