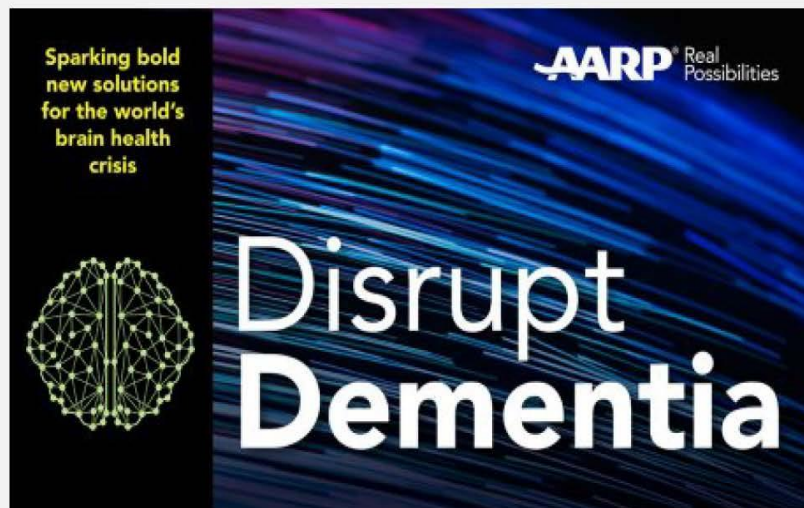


AARP Update to National Alzheimer's Project Act (NAPA) Advisory Council

July 30, 2018



Disrupt Dementia



aarp.org/health/dementia/

2

DDF Announcement Video



3

Overview

Risk Reduction



Cure



Care



"Dudley Do-Right" cartoon – thanks to Alex Anderson, Chris Hayward, Allan Burns

Hope for the future...



4

Timeline

WHERE WE HAVE BEEN & WHERE WE ARE GOING AARP Milestones in Brain Health



Global Council on Brain Health A COLLABORATIVE FROM AARP



WHERE WE HAVE BEEN & WHERE WE ARE GOING 2016-2019 AARP Milestones in Brain Health



Global Council on Brain Health A COLLABORATIVE FROM AARP



→ A HEALTHY, INFORMED FUTURE
Visit www.globalcouncilonbrainhealth.org for more brain health information.



Available at www.globalcouncilonbrainhealth.org

Education & Outreach

GOOD NEWS

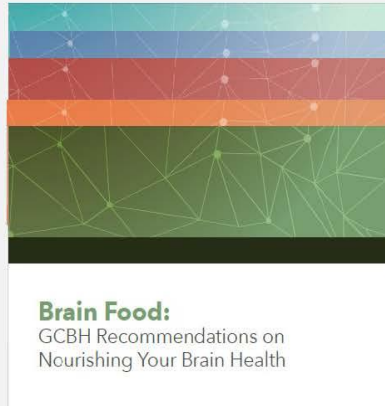
Regardless of our age, we can reduce the chance of age-related diseases & optimize our chance of maintaining cognitive health.



Pillars of Brain Health

AARP focuses on five pillars of brain health:

- 1 Move
- 2 Relax
- 3 Connect
- 4 Discover
- 5 Nourish



Risk Reduction Resources



aarp.org/brainhealth

HOW AARP IS FIGHTING FOR YOUR BRAIN

AARP provides these resources to help older Americans maintain brain health:

Global Council on Brain Health This independent group of about 50 scientists, health professionals, scholars and policy experts works to provide advice about maintaining and improving brain health. A core group of about a dozen experts coordinates research and policy reviews in areas such as sleep, social engagement and fitness, and the council issues reports and meets about three times annually. The council was created by AARP in collaboration with the British charity Age UK. For more information, go to globalcouncilonbrainhealth.org.

Staying Sharp This website (stayingsharp.org) provides science-based tools to assess, maintain and improve your brain health. It features information and activities designed to be fun and effective, grounded in reliable evidence.

Brain Health & Wellness channel A section of the aarp.org website, it features the latest news and research on brain health and conditions.

Caregiving

FAMILY CAREGIVING CARE GUIDES
Help Caring for a Loved One with Dementia

Books Care at Home Health Financial & Legal Caregiver Life Balance Community Local Resources & Solutions

I need help with...

Help Caring for a Loved One with Dementia

Caregivers for people living with Alzheimer's and other forms of dementia face the normal stresses of caregiving as well as unique challenges. That increasing can be having to learn how to interact with a loved one whose cognitive abilities are in a constant state of flux. But in the early stages of the disease, that doesn't mean you have to give up. You can take steps to help your loved one and encourage them to join in developing a care plan. Consider yourself a "care partner" for as long as possible.

[GET STARTED](#)

aarp.org/caregiving



COMMUNITY CONTEST
Share Your Caregiving Summer
Break Story For a Chance to Win

ONLINE LEARNING SERIES
Paying for Your Loved One's Care
Part 2: July 31 at 7 p.m. ET

GET SUPPORT
Call 1-877-333-6885
(Spanish 1-888-971-2013)
Mon - Fri 7 am - 11 pm ET

- Prepare to Care Guide**
Just getting started? Download our free, comprehensive Prepare to Care Guide.
- Caregiving Basics**
Get a solid overview of the basic tools and information you need to care for a loved one.
- Care at Home**
Get tips about home safety, transportation, meals, in-home assistance and more.
- Health**
Get help navigating physical and emotional health issues, insurance, doctor visits and more.
- Financial and Legal**
Learn about power of attorney, advance directives, calculating the cost of care and more.
- Caregiver Life Balance**
Get tips for managing your own health, employment situation and family life.

9

Questions?

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