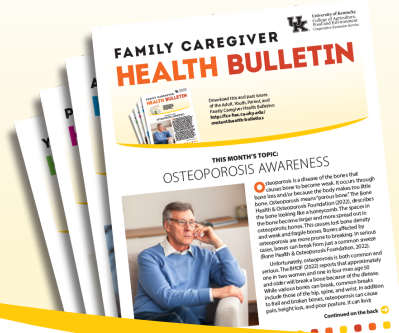


FAMILY CAREGIVER HEALTH BULLETIN



NOVEMBER 2025

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THIS MONTH'S TOPIC

ALZHEIMER'S DISEASE AWARENESS MONTH: WHAT ARE YOU DOING?



President Ronald Reagan named November Alzheimer's Disease Awareness Month in 1983 to create public awareness about the disease and support for those affected. Almost 10 years later, Reagan was publicly diagnosed with the disease. Today, raising awareness continues to be important because it brings attention to many aspects of the disease:

- **Early detection and diagnosis.** Recognizing the signs and seeking medical advice can lead to early diagnosis and intervention. According to the Centers for Disease Control and Prevention (CDC), warning signs of Alzheimer's include memory loss that disrupts daily life; challenges with planning or problem-solving; difficulty completing familiar tasks; confusion with time and place;

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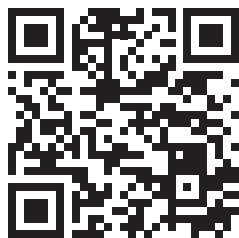
 Disabilities
accommodated
with prior notification.

A healthy brain requires a heart-healthy balanced diet, physical activity, mental stimulation, stress management, social connection, and quality sleep.

➔ Continued from the previous page

misplacing things; not being able to retrace steps; withdrawal from activities; unexplained mood and personality changes; trouble understanding visual images; new problems with speaking, writing, and finding words; and poor judgement. If you or someone you care about is experiencing these changes, contact a health-care professional.

- **Stigma reduction.** Education and awareness campaigns foster understanding, compassion, and support within communities. They can help reduce social isolation for dementia caregivers and those living with dementia.
- **Caregiver and family support.** Alzheimer's disease affects those diagnosed as well as those who provide care. Dementia care can be taxing emotionally, physically, and financially. If you are a dementia caregiver, you are not alone. There are many programs and resources that can help you with caregiving tips, strategies for coping, and how to improve quality of life for you and your loved one. You can find resources at the CDC, AARP Dementia Support, Alzheimer's Association, Family Caregiving Alliance, and the National Institute on Aging. You can also reach out to your county Family and Consumer Sciences Extension Agent for additional support.
- **Research.** Increased awareness drives funding for research initiatives that can help better understand the disease, advance diagnosis and treatment, and improve care. To learn more about the University of Kentucky's Sanders-Brown Center on Aging's ongoing research, educational outreach, caregiver support, donor opportunities, and clinical trials in which you or a family member might be interested in participating, visit the Sanders-Brown website at <https://medicine.uky.edu/centers/sbcoa> or call Sanders-Brown Center on Aging at (859) 323-5550.



- **Brain health.** Just hearing the words Alzheimer's disease highlights the importance of brain health and what you can do to help maintain a healthy brain and reduce the risk of dementia. According to the Alzheimer's Association, a healthy brain requires a heart-healthy balanced diet, physical activity, mental stimulation, stress management, social connection, and quality sleep. It is also important to protect your head, control your blood pressure, and avoid smoking.
- **Community engagement.** Awareness campaigns encourage communities to unite in the fight against Alzheimer's disease. Awareness can offer hope and resources to those impacted and inspire others to do something.

There are many meaningful ways you can help in the fight against Alzheimer's disease. Start by sparking conversations to raise awareness, adopting healthier lifestyle habits, or learning more about dementia and sharing that knowledge with others. You can offer support to caregivers or spend time with someone living with Alzheimer's. You can also make an impact by donating, joining a fundraising campaign, volunteering with a local Alzheimer's organization or care facility, or taking part in a clinical trial. No matter how you choose to get involved, your actions matter. Advocacy, awareness, and compassion all play a role. Every effort counts. Together, we can make a difference.

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