### **Contact us**

Our Helpline is always available, 24 hours a day, 7 days a week:

## 800-272-3900

The South Carolina Chapter serves the state through a network of local offices. Call **800-272-3900** during business hours to reach the office serving your area.

#### **Main Office - Anderson**

Serving all South Carolina counties

#### **Greenville Area Office**

Serving Greenville, Pickens, Laurens, Anderson, Oconee, Greenwood, Abbeville, McCormick, Saluda, and Edgefield Counties

#### **Lowcountry Area Office**

Serving Charleston, Berkeley, Dorchester, Colleton, Hampton, Jasper, and Beaufort Counties

#### **Midlands Area Office**

Serving Richland, Lexington, Newberry, Sumter, Clarendon, Calhoun, Orangeburg, Chesterfield, Marlboro, Darlington, Dillon, Bamberg, Allendale, Barnwell, Aiken, Kershaw, and Lee Counties

#### **Myrtle Beach Area Office**

Serving Horry, Georgetown, Florence, Marion, and Williamsburg Counties

#### **Spartanburg Area Office**

Serving Spartanburg, Union, Cherokee, York, Chester, Lancaster, and Fairfield Counties

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. We are the largest private, nonprofit funder of Alzheimer's disease research.

#### **Our mission:**

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision:

A world without Alzheimer's disease.



South Carolina Chapter Headquarters 4124 Clemson Blvd., Ste. L Anderson, SC 29621

Monday–Friday 8:30 a.m. to 5 p.m. www.alz.org/sc

24-Hour Helpline: 800-272-3900

### alzheimer's $\mathcal{O}$ association<sup>®</sup>

#### **South Carolina Chapter**



# We can help



### **24-Hour Helpline:** 800-272-3900

www.alz.org/sc

### Learn the facts

#### What is Alzheimer's?

Alzheimer's disease is the most common form of dementia, which is a general term for the loss of memory and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease destroys brain cells and becomes worse over time. Today it is the sixth-leading cause of death in the United States.



In 2013, an estimated 450,000 people in the United States will die with Alzheimer's.

#### Who is Affected?

Older adults have a higher risk of developing Alzheimer's, with thirteen percent of adults age 65+ and almost half of those age 85+ being affected. While less common, younger-onset Alzheimer's disease can develop before the age of 65, and it can impact those in their 30s, 40s and 50s.

An estimated 80,000 South Carolinians are currently living with Alzheimer's or related dementia. Unless there is a breakthrough in research, as many as 16 million Americans could be affected by 2050.



Since 2000, deaths from Alzheimer's have risen 68 percent while deaths from other major diseases have decreased.

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### Know the signs



Memory loss that disrupts everyday life is not a normal part of aging. It may be a sign of Alzheimer's disease. Although the disease is more common in people 65 and older, it can also strike those in their 30s, 40s and 50s.

If you notice any of the warning signs listed below in yourself or someone you know, don't ignore them. It's important to see your doctor for a check up. There are other conditions, some that are treatable, that could be causing the signs.

- **1** Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- **3** Difficulty completing familiar tasks at home, at work or at leisure
- 4 Confusion with time or place
- **5** Trouble understanding visual images and spatial relationships
- 6 New problems with words (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

### **Access our services**



**24-Hour Helpline: 800-272-3900** Call us anytime day or night. Our helpline is staffed 24/7, with assistance available in 140 languages.

#### Information & Referral

We offer a variety of educational literature, and our informed staff can make referrals to helpful community resources. Our chapter newsletter is available by mail and email, and it may be downloaded at **www.alz.org/sc**.

#### **Care Consultation**

Sometimes you just need to talk things out. Through personal consultation, the Alzheimer's Association helps persons with Alzheimer's and their families to maximize the care they receive and navigate difficult situations.

#### **Caregiver Support Groups**

90+ support groups are offered across the state to help caregivers cope and better understand the disease process. No-cost sitters can be provided to families to ensure that caregivers are able to attend support group meetings.

#### **Early Stage Dementia Support Groups**

A diagnosis of dementia is life-altering. Early stage dementia support groups are designed to help persons with Alzheimer's disease or related dementia and their caregivers learn the basics of living with the disease while sharing experiences with others. If interested, please call **800-272-3900**.

#### **Safety Services**

60% of persons with dementia will develop wandering behaviors. Our safety services include **MedicAlert® + Safe Return®**, a nationwide wanderers' identification program, and **Comfort Zone®**, a Web-based GPS location management service. We also offer special trainings for law enforcement and other first responders.



#### **Caregiver Respite** Our family caregiver respite voucher can provide financial assistance to arrange shortterm, professional care through in-home care agencies, adult day care centers, or shortterm residential care. To learn more, call **800-272-3900** or visit **www.alz.org/sc.**

#### **Caregiver Certification**

The Alzheimer's Association **essentiALZ™** certification program is a convenient way for individuals to be recognized for learning quality dementia care practices. 4-hour and 10-hour trainings available. Learn more at **www.alz.org/essentialz**, or call **800-272-3900**.

#### **Community Education**

We offer conferences, workshops, and trainings throughout the year for a variety of audiences, including professionals in the medical and senior services industries, social workers, clergy, hospice professionals, businesses, law enforcement, as well as caregivers and persons with dementia.

#### Workshop offerings include:

- The Basics: Memory Loss, Dementia and Alzheimer's Disease
- Know the 10 Signs: Early Detection Matters
- Legal and Financial Planning
- Living with Alzheimer's

Contact us at **800-272-3900** to request a presentation in your community.

#### **Web Resources**

Go online to access **ALZconnected**, an online community for caregivers, family members and persons with dementia, and **Alzheimer's Navigator**, an online assessment program to help you evaluate your needs, execute action steps and connect with local programs and services.

## **Get involved**

#### **PARTICIPATE IN RESEARCH**

Volunteering for clinical trials is one of the most immediate ways you can make a difference, not only for yourself, but also for generations to come! Our TrialMatch<sup>™</sup> program is a free, confidential interactive tool that matches you with available studies. Get started by calling **800-272-3900** or visit **alz.org/trialmatch**.



#### **ADVOCATE FOR THE CAUSE**

Alzheimer's can't wait, and bold action is needed to confront this growing crisis. Our legislators in Washington and the SC State House need to hear from you. Become an advocate at **www.alz.org/advocacy**.



The Alzheimer's Association Walk to End Alzheimer's<sup>™</sup> is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Sign up for a Walk near you at **www.alz.org/walk** or call **800-272-3900**.