

## Dementia: A Call to Action

### Background:

Dementia is an umbrella term that refers to a variety of brain disorders. Different physical changes to the brain cause different dementias.

Alzheimer's disease is the most common form of dementia, accounting for almost two-thirds of all cases. It is irreversible and eventually fatal. Other dementias include vascular dementia, Lewy body dementia, frontotemporal dementia (including Pick's disease), Creutzfeldt-Jakob disease and other rarer forms of dementia.

Dementia is progressive. Its causes are not fully known, and there is still no cure or effective treatment to prevent the disease. Progression varies greatly from person to person and can last between eight to 10 years – or even longer.

Symptoms worsen over time and include: loss of memory, changes in judgment and reasoning, difficulty performing familiar tasks, problems with language and changes in mood and behaviour.

Age is the biggest risk factor for dementia. After age 65, the risk doubles every five years. Dementia can occur in people in their 50s, 40s and even in their 30s. Dementia can be present in the brain for up to 25 years before symptoms appear.

### Quick Facts:

- Over 22,000 Manitobans have dementia and by 2038, it is expected to reach over 40,700.<sup>1</sup>
- Last year alone, there were over 4,500 new cases of dementia in Manitoba.<sup>2</sup>
- Forty-three per cent of Manitobans have a family member or close friend with Alzheimer's disease or another dementia.<sup>3</sup>
- Three out of four Canadians know someone with dementia.<sup>4</sup>
- Women represent 72 per cent of Canadians living with Alzheimer's.<sup>5</sup>
- For every person with the disease, two or more family members provide care. Women account for 70 per cent of family caregivers.<sup>6</sup>
- The total economic burden of dementia in Manitoba is close to 1 billion dollars and is expected to grow to more than 4.4 billion by the year 2038.<sup>2</sup>

**The Alzheimer Society of Manitoba is asking the Government of Manitoba to:**

**Action 1: Create a more dementia aware, inclusive community.**

**Action 2: Support community dwelling people with dementia to enable them to age in place.**

**Action 3: Commit to developing long term care settings that reflect current and emerging best practice in built environments and person centred-care.**

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<sup>1</sup> Banibrata Roy, Manitoba Bureau of Statistics, July 2015

<sup>2</sup> Rising Tide: The Impact of Dementia in Manitoba 2008 – 2038, 2010

<sup>3</sup> Probe Research Inc., Manitoba Ominbus, May 2015

<sup>4</sup> Nanos, 2013

<sup>5</sup> Rising Tide: The Impact of Dementia on Canadian Society, 2010

<sup>6</sup> Sherry L. Dupuis; Tim Epp, Bryan Smale, Caregivers of Persons with Dementia: Roles, Experiences, Supports, and Coping, MAREP 2004