As Mother’s Day approaches, our thoughts turn to all things “mom.” The lives of an increasing number of mothers, grandmothers, daughters, granddaughters and other women have been touched by Alzheimer’s disease – either through their own diagnosis or that of a family member. Here’s a look at women and Alzheimer’s disease:

**THE AGING AMERICAN FEMALE**

- **POPULATION 65+**
  - 23.4 MILLION WOMEN
  - 17.9 MILLION MEN

- **LIFE EXPECTANCY AFTER AGE 65**
  - 85 YEARS WOMEN
  - 83 YEARS MEN

**WOMEN AT 30% HIGHER RISK OF Dying FROM ALZHEIMER’S DISEASE**

- (Source: U.S. Department of Health and Human Services, 2012)
- (Source: Social Security Administration, 2013)
- (Source: Centers for Disease Control, 2013)
- (Source: Alzheimer’s Foundation of America/Harris Interactive, 2012-61% of respondents female)

- **Caregivers’ most common health changes as a result of behavioral and cognitive symptoms of the person they care for:**
  - Fatigue
  - Difficulty sleeping
  - Headaches
  - Back pain
  - Weight gain

- **Average cost of care per dementia case in 2010 was between $41,000 and $56,000**

- **48% Male**
- **35% Female**

- **Percentage of caregivers who feel they are well able to cope with the aggressive behavior of the person they care for:**

- **76% of female caregivers report either physical or emotional exhaustion from their caregiving duties**

- **66% of caregivers are female**
- **Female caregivers’ average age: 48**

- **63% of women reported becoming stronger**

- **75% of females who had a memory screening on the Alzheimer’s Foundation of America’s National Memory Screening Day reported memory concerns**

**THE FINANCIAL AND EMOTIONAL COSTS OF ALZHEIMER’S CARE**

- **SHOULDERING THE RESPONSIBILITY OF CAREGIVING**
- **65+**

- **5.1M**

**MANY MILLIONS OF MOMS**

- **85.4 MILLION = Number of mothers of all ages in the U.S.**
  - (Source: U.S. Census Bureau, 2012)

- **ALZHEIMER’S DISEASE**

- **5.1 MILLION AMERICANS HAVE ALZHEIMER’S DISEASE**
  - (Sources: National Institute on Aging, 2013 and U.S. Department of Health and Human Services, 2012)

- **Prevalence doubles every five years beyond age 65**
  - (Source: National Institute on Aging, 2013)

- **6th leading cause of death in the U.S.**
  - (Source: Centers for Disease Control, 2013)

- **48% Male**
- **35% Female**

- **Percentage of caregivers who feel they are well able to cope with the aggressive behavior of the person they care for:**

- **66% of caregivers are female**
- **Female caregivers’ average age: 48**

- **63% of women reported becoming stronger**

- **AND A POSITIVE NOTE:**

  Sandwich caregiving (caring for child/children under 21 and someone with Alzheimer’s disease) has positive aspects:

  - **63% of women reported becoming stronger**

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