National Hispanic Heritage Month: resources to share

Dementia is a looming but unrecognized public health crisis in Latino communities across the United States. Alzheimer’s disease is the most common form of dementia and Hispanics are twice as likely to develop the disease as Caucasians. The number of Hispanic elders affected by Alzheimer’s and related dementias could increase more than six-fold by 2050. Among the reasons for this predicted increase are:

* More Hispanic prevalent health conditions such as high blood pressure and diabetes;
* More common missed diagnoses.

With increased risk of developing the disease in this community, the number of caregivers will increase dramatically, bringing a higher need for awareness and support. Currently, Hispanic caregivers spend more time caring for someone with Alzheimer’s (approximately 30 hours per week) than non-Hispanic white caregivers (20 hours per week). Hispanic caregivers are more likely to experience high burden from caregiving than whites as well.

If someone you love has Alzheimer’s, the Alzheimer’s Association has many resources available in both English and Spanish. From downloadable brochures to free bilingual assistance on our 24/7 helpline, we are here to help. Below is a list of current Latino specific resources that can help your family get the answers and support you need.

* <http://elearning.alz.org/espanol.aspx> : This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.
* <http://www.alz.org/national/documents/brochure_caregiverstress.pdf> - a brochure to assist caregivers in taking care of themselves and recognizing signs of stress.
* 24/7 Línea de Ayuda/Helpline is available for free, confidential guidance and reliable information at 800.272.3900.

To learn more about risks for the Hispanic community and to have access to even more assistance, please visit [www.alz.org/espanol](http://www.alz.org/espanol), to access hundreds of resources.