

# Quick facts about dementia

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Dementia patients' caregivers will spend 1.2 billion unpaid hours by 2040.

**Photograph by:** Ashley Fraser, The Ottawa Citizen

Today, 747,000 Canadians are living with Alzheimer's disease and other dementias.

By 2031, this number will reach 1.4 million.

Currently, the combined direct (medical) and indirect costs (lost earnings) of dementia total \$33 billion a year.

By 2040, this figure will swell to almost \$300 billion a year.

Dementia takes a huge toll on family caregivers; in 2011, they spent 444 million unpaid hours caring for someone with dementia. That's \$11 billion in lost income and 227,760 full-time employees (FTEs).

By 2040, caregivers will spend a staggering 1.2 billion unpaid hours.

Alzheimer's disease is the leading form of dementia, accounting for over two-thirds of all dementia cases in Canada today.

Age remains the biggest risk factor for dementia; the risk doubles every five years after age 65.

Dementia also affects people as young as 40.

Brain-related changes that lead to dementia can begin decades before symptoms appear.

Dementia remains incurable; some medications can help manage the symptoms but none can slow, stop or reverse the disease process.

Lifestyle factors such as regular physical, social and mental activity, as well as a heart-healthy diet can help reduce the risk.

Canada is one of the few western countries that does not have a national dementia plan.

*Source: Alzheimer Society of Canada, [www.alzheimer.ca](http://www.alzheimer.ca)*

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