



## Alzheimer's of Central Alabama

Alzheimer's of Central Alabama (ACA) is a local organization providing education, services, advocacy, and research for caregivers and people living with Alzheimer's disease in Alabama. The heart of what we do is help families provide care for their loved one at home.

Regardless of a family's social or economic status, the first line of defense when faced with a diagnosis of dementia is education. ACA provided the following educational programs in 2024:

- **Dementia Community News** emailed weekly to more than 1,200 families and professionals.
- **Website**, [www.alzca.org](http://www.alzca.org), received over 28,000 page views from more than 11,000 visitors.
- **Telephone counseling** available for families and professionals.
- **Zoom support group** meeting weekly.
- **Community education programs** addressing the latest news on research, prevention, care, and strategies for caregiver health.
- **Weekly Activity Packets** mailed out with art, games, and jokes.
- **Movement classes** provided for 3 Jefferson County adult day care centers.
- **Lindy Harrell Pre-Doctoral Scholars in Alzheimer's Disease Research at UAB** funded two graduate students.

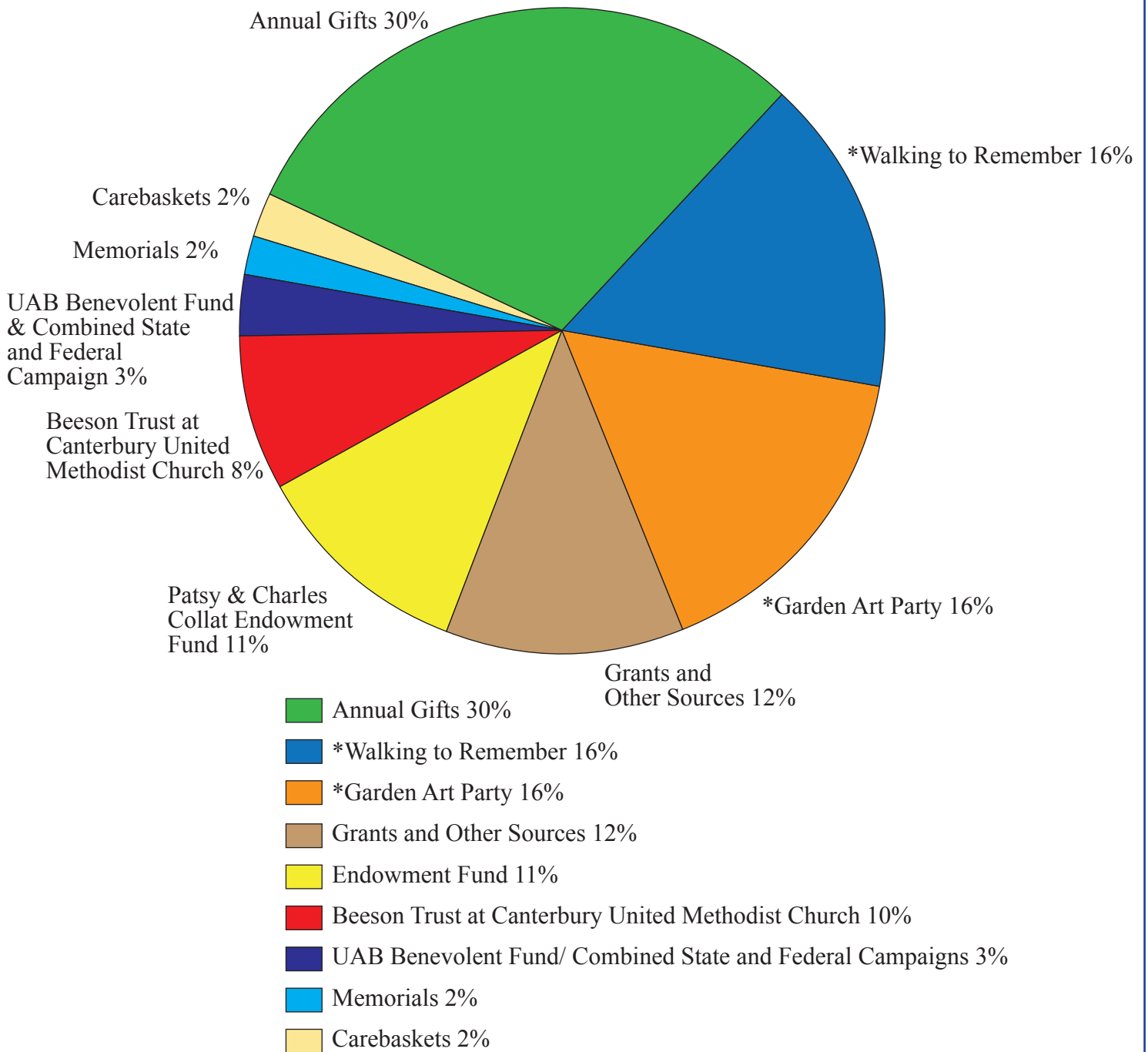
**Alzheimer's of Central Alabama served 399 people living with dementia in 20 Alabama counties in 2024** with the basics of good care, including respite, nutrition and continence care. These individuals are elderly with 44% of those on respite scholarships and 51% of those receiving continence care over age 80. They are among the most impoverished – about 26% have incomes less than \$999 a month; another 33% have incomes less than \$1,499. The help we supply is ongoing because dementia care can be a long journey. Our programs include:

- **Project Lifesaver bracelets for people living with Alzheimer's who are at risk of wandering.** ACA partners with the Jefferson County Sheriff's department to provide a bracelet which emits a radio tracking signal to help locate someone who has wandered. Eighty people at risk of wandering wore a Project Lifesaver bracelet in 2024. There are currently 50 on the program.
- **Respite Scholarships**, allowing a person living with Alzheimer's to attend the day care center of their family's choice. Currently 72 people living with dementia have scholarships of \$300 per month. In 2024 a total of 113 families were served, including 40 families new to the program.
- **Continence Care Scholarships**, providing home delivery of products essential for good hygiene each month. Products include adult diapers, pull-ups, bed pads, gloves, and wipes—with an average cost of \$109. Currently 142 people are receiving monthly products. A total of 206 families were served and 50 new families were added to the program.
- **Nutritional supplements including Ensure and Glucerna**, delivered to the home each month for 134 families in 2024. The cost varies from \$44 - \$71 a month.
- **Care Baskets** of staples, food, and supplies delivered by ACA volunteers to 84 needy families for Easter, 4th of July and Christmas.



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\$901,220 raised in 2024



With the support of the Junior Board, ACA has raised \$50,000 annually to fund the Lindy Harrell Pre-Doctoral Scholars in Alzheimer's Disease research at UAB since 2019. This revenue is not included here.

\* Walking to Remember and Garden Art Party revenue includes support from our 2024 Corporate Partners: Alabama Family Trust, Always Best Care, BlueCross BlueShield of Alabama, Bob and Patsy Straka, Complete Health, Cornerstone Caregiving, Home Instead, Kirkwood by the River, LAH Sotheby's, Lifecare Solutions, and Visiting Angels

## Upcoming Events

Garden Art Party: May 3, 2025  
Glow for a Cure Golf Tournament: July 25, 2025  
Walking to Remember: November 8, 2025