



NEWS RELEASE

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HopeHealth Walk for Alzheimer's *Make life better for local families impacted by the sixth leading cause of death*

Hyannis, Mass. – HopeHealth's Walk for Alzheimer's provides essential funding for information, education and support services for those living with Alzheimer's and their caregivers, healthcare professionals and community agencies. Caring for someone who has Alzheimer's disease or a related dementia can be a difficult physical, emotional and mental challenge. Caregiving can go on for years and requires special understanding, patience and skills. Specialized programs provided by Hope Dementia & Alzheimer's Services include assessment, individual and group counseling, education, telephone support, respite care and much more.

Tim Benson and his family will have a team for the second year in a row at the HopeHealth Walk for Alzheimer's. When Tim was diagnosed with early onset Alzheimer's, he didn't know much about the disease. Then he found out about Hope Dementia & Alzheimer's Services. "I learned a lot from them very quickly," Benson says. "The support groups became my life blood. It's been a godsend to us. Their services help us navigate this journey with Alzheimer's. I'm looking forward to seeing lots of teams out there for a cause that really matters. Bring your family and friends so others challenged by this disease can benefit from the kind of services I've had."

You can make a difference in the lives of those battling this disease. When you walk, you help thousands across eastern Massachusetts receive essential care and support services. Many of HopeHealth's dementia and Alzheimer's disease services are provided free of charge. Walking for Alzheimer's on May 17, 2015 will help provide services for thousands of local families who are living with Alzheimer's disease. Sign up today at HopeHealthCo.org/Walk.

According to the Massachusetts Alzheimer's Disease and Related Disorders State Plan, every sixty-nine seconds another American develops Alzheimer's disease. It is the sixth leading cause of death in the United States and the fifth leading cause of death for those 65 and older. One in nine people age 65 and older has Alzheimer's disease. Nearly one in three seniors who dies each year has Alzheimer's or another dementia.

In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion. In Massachusetts, there are now more than 325,000 unpaid caregivers caring for someone with Alzheimer's. Sixty percent of these caregivers report high levels of stress, while one-third report symptoms of depression. The demands for day-to-day care, changing family roles and difficult decisions about placement in a care facility can be hard to handle.

“Better access to and knowledge of services can help caregivers provide a higher quality of care to loved ones as the disease progresses, helping them to reside in the community for as long as possible,” said David Rehm, president & CEO of HopeHealth. “Most of the care provided to people with Alzheimer’s is delivered at home by family members and they often must seek community supportive services. This event is our largest fundraiser to support dementia and Alzheimer’s programs in the community. We invite everyone in the community to join us on May 17th to Walk for Alzheimer’s.”

Walk

The 2015 HopeHealth Walk for Alzheimer’s will take place on Sunday, May 17, 2015 at the Cape Cod Canal, Buzzards Bay Park. Registration begins at 9:00 a.m. with the walk starting at 10:00 a.m.

A website is available to make registration and fundraising easier – visit HopeHealthCo.org/walk to sign up as a team or an individual walker. For questions about the HopeHealth Walk for Alzheimer’s, please contact (508) 957-0254 or Walk@HopeHealthCo.org.

Services in the Community

The HopeHealth Walk for Alzheimer’s provides funding for essential services provided by Hope Dementia & Alzheimer’s Services in the community. The organization provides a wide range of services for those living with dementia and their caregivers, healthcare professionals and community agencies. Programs include:

- A telephone helpline
- CARES – educational support groups
- Respite grants
- Memory screenings
- Care management plans and family consultations
- Dementia certification for professionals
- Professional conferences on the latest dementia research
- Programs for family caregivers, community members and agencies

About HopeHealth

HopeHealth, formerly known as Hospice & Palliative Care of Cape Cod, has been enhancing the quality of life for people experiencing serious illness and loss for more than 30 years. In January 2012, Alzheimer’s Services of Cape Cod & the Islands affiliated with the non-profit organization to enhance and expand its programs and community services. Today, HopeHealth delivers a wide range of medical care, care management and support services throughout eastern Massachusetts. The HopeHealth family of services includes: Hope Hospice; Hope HouseCalls; [Hope Dementia & Alzheimer’s Services](#); Hope Care for Kids; Hope Community Care; and Hope Academy. In June 2014, the Massachusetts Pain Initiative affiliated with the organization. Learn more by calling (800) 642-2423 or visiting HopeHealthCo.org.

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