

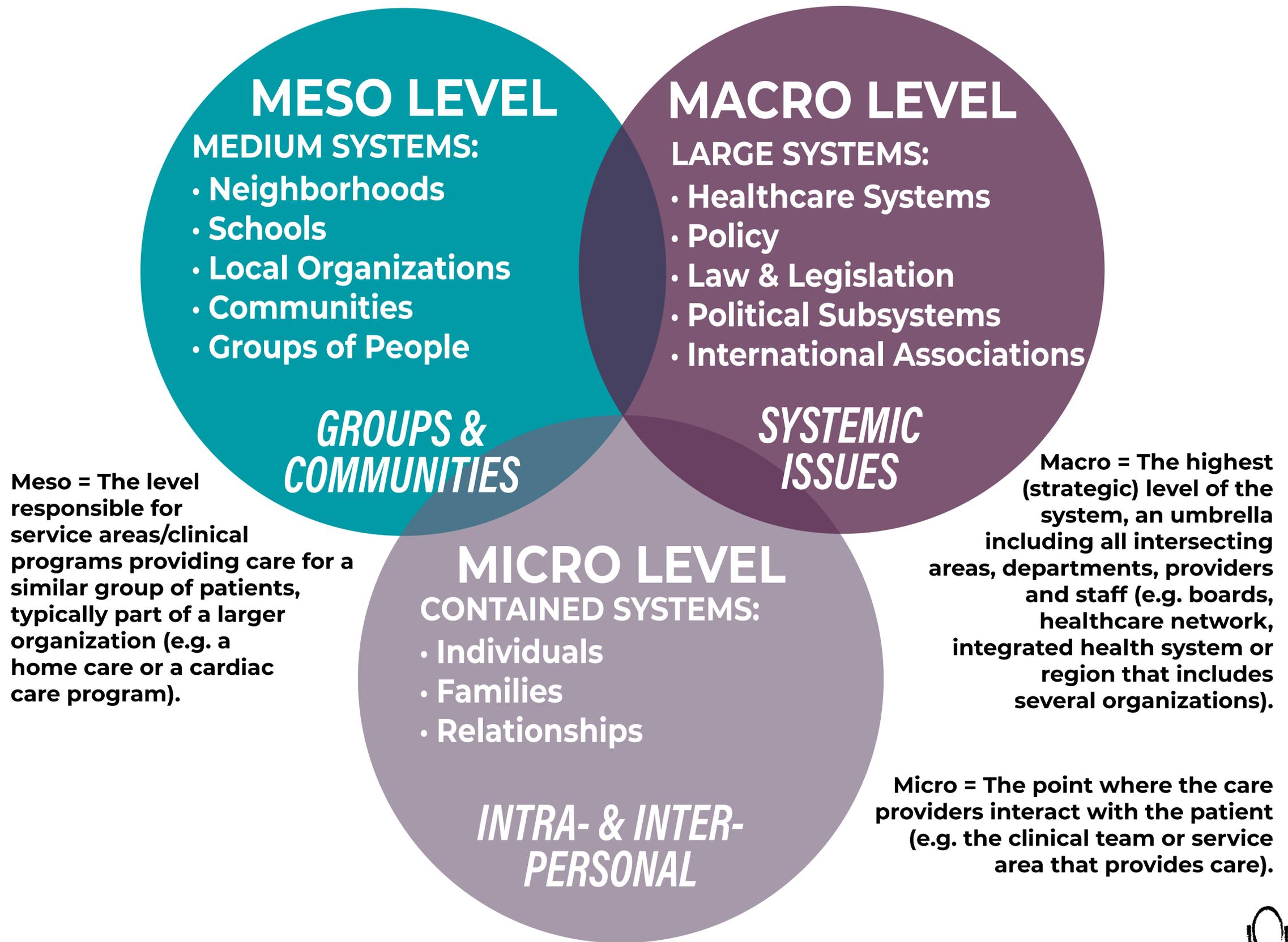
# Expand Upon: Health Care

Institutions play a significant role in the politics of health and in targeting the fundamental causes of health inequality. Privilege and disadvantage are not individual attributes, but products of the power structures.

Studies have demonstrated that socioeconomic inequalities in health vary across welfare states. Institutions' stratification effects across multiple axes of power beyond the socioeconomic (e.g. gender) and their interplay with individual social positioning need to be considered in health inequalities research, as do the wide range of welfare policies.

These gaps encourage us to shift our attention to the development of an institutional theory of health inequalities that also considers insights from intersectionality.

## Micro/Meso/Macro Frameworks of Healthcare



# *Alzheimer's and Dementia: Mortality*

**1 in 3 seniors**

dies with Alzheimer's  
or another dementia

**Alzheimer's is  
not just  
memory loss.  
Alzheimer's  
kills.**

- 1 in 3 seniors dies with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined.
- Deaths from Alzheimer's have more than doubled between 2000 and 2019, while those from heart disease — the leading cause of death — have decreased.
- At age 70, seniors living with Alzheimer's are twice as likely to die before age 80 than those who do not have the disease.

People age 65 and older survive an average of four to eight years after a diagnosis of Alzheimer's, yet some live as long as 20 years with Alzheimer's. This reflects the slow, uncertain progression of the disease.



# Alzheimer's and Dementia: Caregivers & Cost



**83% of help provided to older adults comes from family members, friends, or other unpaid caregivers**

- Nearly half of all caregivers (48%) who provide help to older adults do so for someone living with Alzheimer's or another dementia.

- Approximately two-thirds of caregivers are women. More specifically, over one-third of dementia caregivers are daughters.

- Approximately one-quarter of dementia caregivers are “sandwich generation” caregivers — meaning that they care not only for an aging parent but also for at least one child.

- Forty-one percent of caregivers have a household income of \$50,000 or less.

Alzheimer's takes a devastating toll on caregivers. Of the total lifetime cost of caring for someone with dementia, 70% is borne by families — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.



In 2023, Alzheimer's and other dementias will cost the nation \$345 billion — not including the value of unpaid caregiving. Medicare and Medicaid are expected to cover \$222 billion (64%), while out-of-pocket spending is expected to be \$87 billion.

Total payments for health care, long-term care, and hospice care for people living with dementia are projected to increase to nearly \$1 trillion in 2050.

The total lifetime cost of care for a person living with dementia is estimated at \$392,874.

- People living with Alzheimer's or other dementias have twice as many hospital stays per year as other older people.

- Medicare beneficiaries with Alzheimer's or other dementias are more likely than those without dementia to have other chronic conditions, such as heart disease, diabetes, and kidney disease.

- Older people living with Alzheimer's or other dementias have more skilled nursing facility stays and home health care visits per year than other older people.

# Washington State Elder Care Resources

Expand  
Upon:  
Health Care



## Greenwood Senior Center: Memory Loss Programs

Phinney Neighborhood Association offers nationally-recognized memory loss programs including support for early-stage memory loss, opportunities to socialize safely for people living with Alzheimer's disease and other dementias, and cultural and social events specifically tailored for the needs of those with memory loss.



## Alzheimer's Association

Alzheimer's Association support groups are a safe place for caregivers and loved ones of people with dementia to: develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources.



## Washington State Department of Social and Health Services

Find a Caregiver Support Group hosted by the Washington department of health. Their staff can help you find a support group where you live. Learn more about other services available through the Family Caregiver Support Program.



## Bereavement Support Services

UW Medicine has compiled a list of support groups, local and online resources, and books you may find helpful in a time of grief.



# Learn More About Financially Accessible Healthcare



## Tubman Center for Health & Freedom

Tubman Center for Health and Freedom is a community organization committed to the principles of healing and people's liberation from systems that make us unwell. They work to advance health justice, culturally appropriate care, and integrative medicine. They are designing an innovative community health clinic that specializes in meeting the needs of marginalized communities in Seattle's Puget Sound region. Named after the heroine Harriet Tubman, who concentrated on both freeing people from systems of oppression that threatened their health as well as providing clinical care for patients as a Nurse in the Union army. They follow this same methodology of addressing health and wellness from both systemic and clinical approaches.



## Sea Mar

Sea Mar Community Health Centers, founded in 1978, is a community-based organization committed to providing quality, comprehensive health, human, housing, educational, and cultural services to diverse communities, specializing in service to Latinos in Washington state. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation, and regardless of ability to pay for services. Sea Mar's network of services includes more than 90 medical, dental, and behavioral health clinics and a wide variety of nutritional, social, and educational services.



## International Community Health Services (ICHS)

Deeply rooted in the Asian Pacific Islander community, ICHS provides culturally and linguistically appropriate health and wellness services and promotes health equity for all. ICHS, guarantees affordable health care in a language you can understand. Whatever your age, they've got you covered with a full range of primary medical, vision, dental, behavioral health, WIC and nutrition services — from well child check-ups to senior health and wellness programs. ICHS has onsite pharmacies and laboratories, and also offers Chinese traditional medicine at their International District clinic.

