



**Dementia Supports
in Rural Saskatchewan**

Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan

Dementia Knowledge Survey

February 2021

This project is being conducted by a team with the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) at the University of Regina and funded by the New Horizons for Seniors Program (Employment and Social Development Canada).

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The Project

Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan

The key objectives of this project are:

- To improve the feeling of social inclusion of older adults with dementia and their care partners living in small cities and rural and remote communities in Saskatchewan (individual interventions)
- To improve public awareness about dementia (community interventions)
- To reduce level of public stigma about dementia (community interventions)
- To improve supports for customers, clients and employees who are living with dementia or their care partners living in small cities and rural and remote communities in Saskatchewan (organizational interventions)

To achieve these objectives and to address the service gaps experienced by older adults with dementia and their care partners, our initiative will co-design, implement, and assess multi-level interventions to enhance the social inclusion of older adults with dementia and their care partners. We are specifically focussing on those living in Yorkton and surrounding rural communities and who are adults with dementia over the age of 55, and their care partners.

Given our focus on smaller communities, which are often characterized by a lack of local services and supports to address dementia care, we are basing our initiative on an ecological approach that incorporates inter-sectoral interventions at organizational, community and individual/care partner levels. Individual services are essential to support those with dementia, and their care partners, in their own communities so that they can successfully age in place. However, we also recognize that individuals are influenced by the environment in which they live and that systemic barriers can result in stigma, which will affect the level of social inclusion those with dementia experience. By engaging communities with an emphasis on inter-sectoral partnerships that build local capacity, this initiative will increase access to dementia care programs, services and information.

The *Dementia Knowledge Survey (February 2021)* is part of this larger funded project and is a method through which we can learn more about the public's awareness and knowledge of Alzheimer's disease and other forms of dementia.

Purpose of the Dementia Knowledge Survey

This survey provides baseline information for population level knowledge and levels of stigma related to Alzheimer's disease and other forms of dementia in Yorkton and surrounding rural area. This baseline information is one aspect of the overall evaluation of the effectiveness of the interventions that will be implemented over the next 4 years. At the end of the project we will conduct a similar post-survey to assess any population level changes in dementia knowledge, awareness and stigma.

Methods

Participants were 18 years of age and older and residents of Yorkton and surrounding communities who were contacted through a telephone survey. The former Sunrise Health Region in Saskatchewan was used as the geographic boundary for sample selection. Based on the 2016 Canadian census it was determined that a sample size of 380 would be sufficient. A sample of 380 Yorkton (and area) residents means the results will be generalizable to the population (18 years of age and older) at $\pm 5.00\%$ at the 95% confidence interval (19 times out of 20).

Full survey programming, administration and oversight was provided by the Canadian Hub for Social and Applied Research (University of Saskatchewan) using the Voxco CATI data collection program for telephone surveys. Telephone numbers were purchased from a company, ASDE, which engages in random digit dialing to create large databases of active telephone numbers. This sample included both cell phone and land line numbers.

Data was collected from September 28 to October 6, 2020 resulting in a final sample of 404 respondents from Yorkton and surrounding smaller communities. Survey questions were developed by the project team through a review of other national surveys on the topic, along with input from the Project Advisory Committee. All data analysis (except the sample characteristics) was conducted using the survey data weighted by age and gender to account for the oversampling of older (and female) respondents, which is common in telephone surveys. This ensures that the data more accurately represents the opinions and characteristics of the population for this survey.

Presentation of Findings

The findings are presented in three sections:

- A summary highlighting some key findings
- Graphs and tables presenting more detail on the key findings with the information broken down by subgroups of age, gender and community size
- Appendix – includes the complete information for the following survey questions (also broken down by subgroups of age, gender and community size)

Self-Rated Knowledge of Dementia or Alzheimer's disease
Living Well with Dementia
Confident in Interactions
Worried about Developing Alzheimer's disease or Dementia
Sharing a Diagnosis of Alzheimer's disease or Dementia

Summary of Findings

Who participated in the survey?

- two-thirds of those responding to the survey are women; one-third are men
- more than one-half (59.2%) are over the age of 61
- there was participation from individuals in various sizes of communities in the region – about one-third (32.9%) live in towns with a population of less than 1,000; about one-third (39.1%) live in towns with a population between 1000 and 5000 and one-quarter (24.8%) are from communities with a population greater than 5000
- 8% indicated they are a caregiver
- a small percentage (3.2%) indicated they identify as Métis, Inuit, or a member of a First Nation
- about one-quarter (27.5%) had completed secondary/high school; another one-fifth (21.0%) had completed technical or community college programs; and another one-fifth (20.0%) had completed a university degree

Knowledge of Alzheimer's disease or dementia

- over three-quarters indicated they are either 'knowledgeable' (19.1%) or 'somewhat knowledgeable' (58.9%) on self-rated level of knowledge of Alzheimer's disease or dementia
- there is variation in perceived knowledge levels based on age: the lowest knowledge levels were those in the age categories 31-40 (5.2%) and 41-50 (11.7%)
- about one-fifth of both males (18.3%) and females (19.9%) indicate they are 'knowledgeable'
- there is variation in perceived knowledge levels based on community size: 7.2% of those living in small communities with a population of less than 499 indicated they are 'knowledgeable'; approximately one-fifth of those living in other larger communities indicate a similar knowledge level

Warning signs

- the most frequently cited warning sign (37.3%) is *memory loss that affects daily function* followed by *disorientation to time and place* noted in 11.6% of the responses
- these findings are somewhat similar to those from a recent national survey (Nanos, 2015)
- two-thirds (63%) of the respondents in the survey know only 1 or 2 of the 10 evidence-based warning signs

Alzheimer's disease experience

- the majority of the respondents (89.4%) indicate they have had experience with Alzheimer's disease or dementia
- 30.6% have a family member with Alzheimer's disease or dementia
- 32.5% have known or know someone with dementia

Living well with Alzheimer's disease or dementia

- the majority of those responding either 'strongly agree' (26.2%) or 'somewhat agree' (52.2%) that people can live well with dementia
- the highest proportion of those who 'strongly agree' are in the age groups of 20-30 (35.5%) and 31-40 (31.6%)
- a slightly higher percentage of men (28.6%) than women (24.3%) indicate they 'strongly agree'
- at least one-fifth of those living in different size communities 'strongly agree'; the lowest who indicated this response (21.4%) live in a community with a population of less than 499 people

Confident interacting with someone with Alzheimer's disease or dementia

- the majority of respondents either 'strongly agree' (44.8%) or 'agree' (41.7%) that they are confident in interacting with someone with dementia
- about three-quarters (71.0%) of those between the ages of 20 and 30 indicate they 'strongly agree'
- a slightly higher proportion of men (47.7%) than women (42.2%) 'strongly agree'
- almost one half of those living in different size communities 'strongly agree' with the exception of those living in communities with a population between 500 and 999 where 28.1% indicate they 'strongly agree'

Worried about developing Alzheimer's disease or dementia

- one-half of respondents either 'strongly agree' (21.7%) or 'somewhat agree' (28.5%) that they are worried about developing Alzheimer's disease or another form of dementia
- the youngest age category (age 20-30) are not worried; the highest proportion of those who 'strongly agree' are in the age category 41-50 (29.5%)
- women (25.0%) are more likely to 'strongly agree' they are worried than are men (18.4%)
- at least one-quarter of those living in different size communities 'strongly agree'

Fears related to developing Alzheimer's disease or dementia

- the majority of respondents (84.5%) are worried about the *consequences of dementia* which include, for example, dependency and burden, memory loss, impact on the family and loneliness and isolation
- the fears expressed by the respondents also include *being at risk of dementia* (10.3%) and concerns over *coping resources* (5.2%)

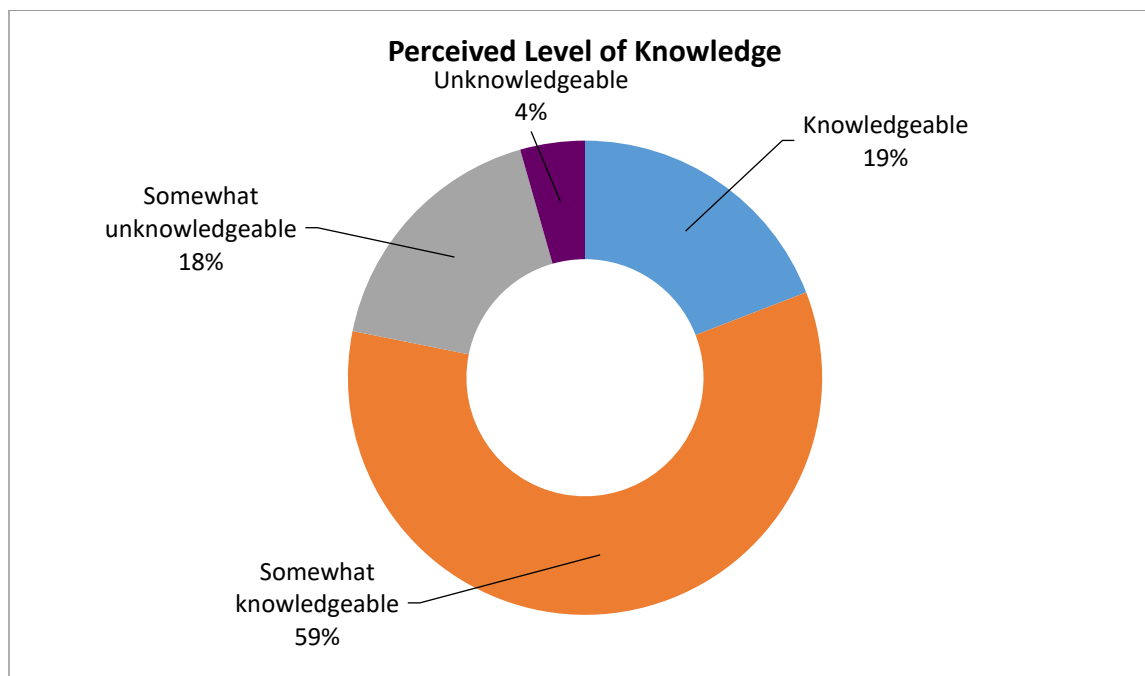
Sharing a dementia or Alzheimer's disease diagnosis

- one-third (33.8%) of all respondents believe that it is harder to share a dementia diagnosis than to share a diagnosis related to other diseases such as cancer and heart disease
- those age 20-30 do not think it is harder to share the diagnosis; just under one-half of those in age categories of 41-50 (42.4%) and 51-60 (43.1%) believe it is harder
- one-third of both women (34.0%) and men (33.0%) believe it is harder to share the diagnosis of dementia
- one-quarter (25.5%) of those living in a community greater than 5,000 people agree it is harder; the proportion who believe it is harder is somewhat higher in other sized communities

Reasons for reluctance to share a diagnosis

- the majority of the reasons for reluctance to share a diagnosis of dementia or Alzheimer's disease are related to *stigma* (57.5%)
- other reasons for reluctance to share a diagnosis include *disease-related factors* (29.7%) with a smaller proportion (12.8%) citing *limited public knowledge* and *denial of the disease*

Self-Rated Knowledge of Dementia or Alzheimer's disease



Subgroups	Knowledge level* %
Age Groups	
20-30	22.6
31-40	5.1
41-50	11.7
51-60	26.4
61-70	28.0
71-80	21.0
80+	30.4
Gender	
Female	19.9
Male	18.3
Community Size	
<499	7.2
500-999	21.2
1000-5000	22.4
>5000	23.6

*Knowledgeable

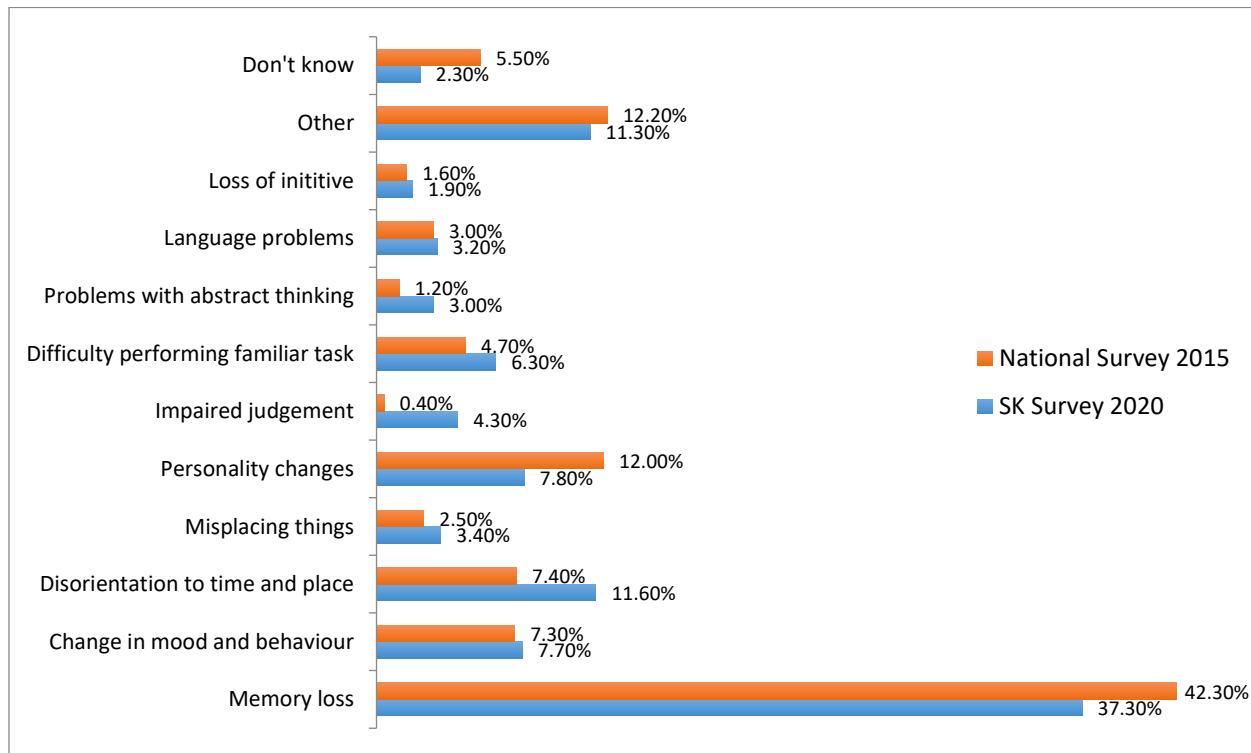
Question: How would you rate your level of knowledge about Alzheimer's disease or another form of dementia? Would you say you are...? (knowledgeable/somewhat knowledgeable/somewhat unknowledgeable/unknowledgeable)

Warning Signs

Question: As far as you know, what are the signs and symptoms of Alzheimer's disease or other types of dementia? (open-ended question)

Signs (multiple responses)	Frequency	%
Memory loss that affects daily function	360	37.3
Changes in mood or behaviour	74	7.7
Disorientation to time and place	112	11.6
Misplacing things	33	3.4
Personality changes	75	7.8
Impaired judgment	42	4.3
Difficulty performing familiar tasks	60	6.2
Problems with abstract thinking	28	3.0
Language problems	30	3.2
Loss of initiative	18	1.9
Other	109	11.3
Don't know	22	2.3
Total	965	100.0

Warning Signs: National Comparison*



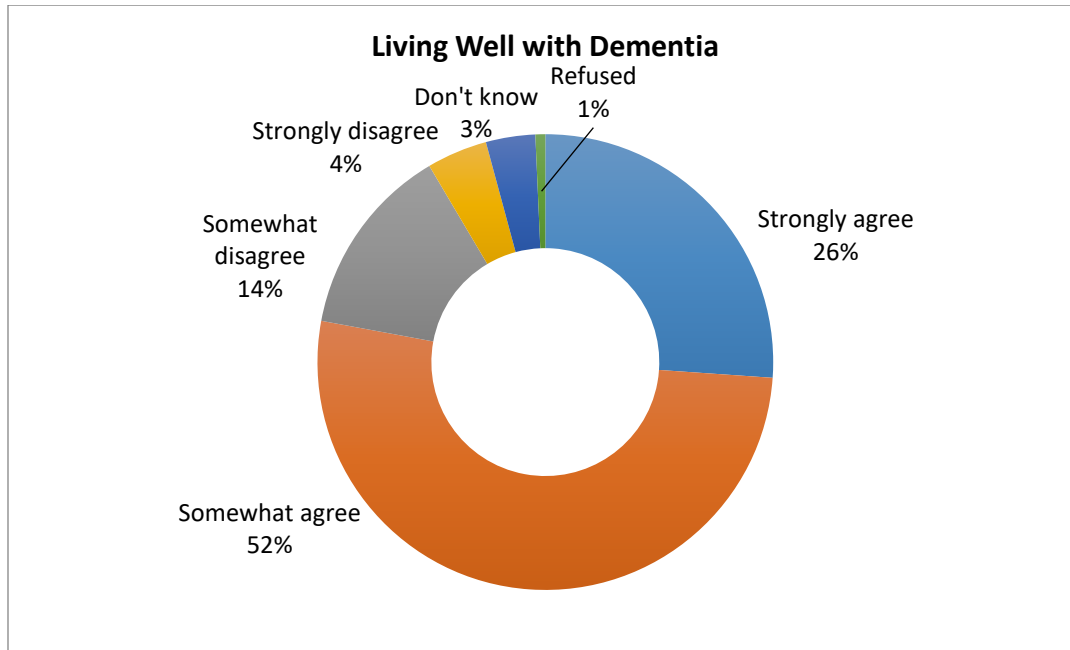
*Nanos (2015). *Canadians and Alzheimer's Disease*, Alzheimer Society Summary, August 2015

Alzheimer's disease or Dementia Experience

Question: Which of the following statements describe you? (multiple responses)

Responses	Frequency	%
I have or had a family member with Alzheimer's disease or another form of dementia	193	30.6
I know or have known someone with Alzheimer's disease or another form of dementia	205	32.5
I have Alzheimer's disease or another form of dementia	3	0.5
I help care for someone with Alzheimer's disease or another form of dementia	59	9.4
I help make health care decisions for someone with Alzheimer's disease or another form of dementia	46	7.3
I work or volunteer in the health care sector with patients with Alzheimer's disease or another form of dementia	57	9.1
None of the statements describe me	67	10.6
Total	630	100.0

Living Well with Dementia

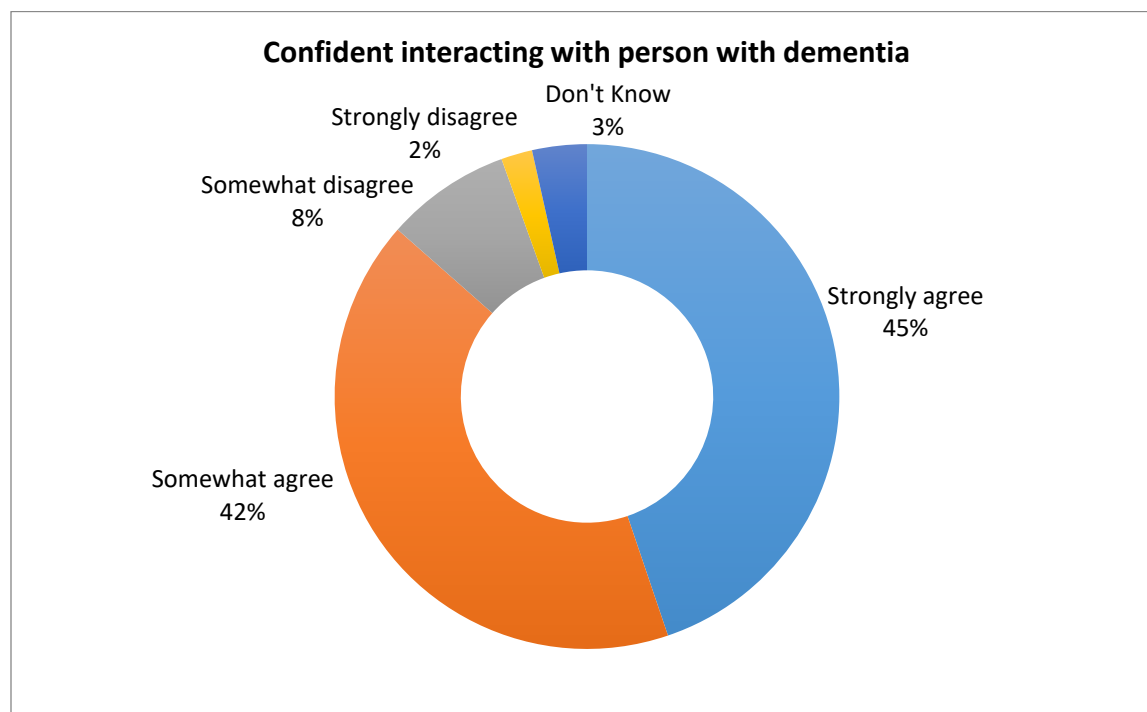


Subgroups	Living well with dementia* %
Age Groups	
20-30	35.5
31-40	31.6
41-50	21.3
51-60	34.3
61-70	23.0
71-80	21.0
80+	13.6
Gender	
Female	24.3
Male	28.6
Community Size	
<499	21.4
500-999	24.2
1000-5000	29.3
>5000	27.8

*Strongly agree

Question: People can still live well with Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

Confident in Interactions

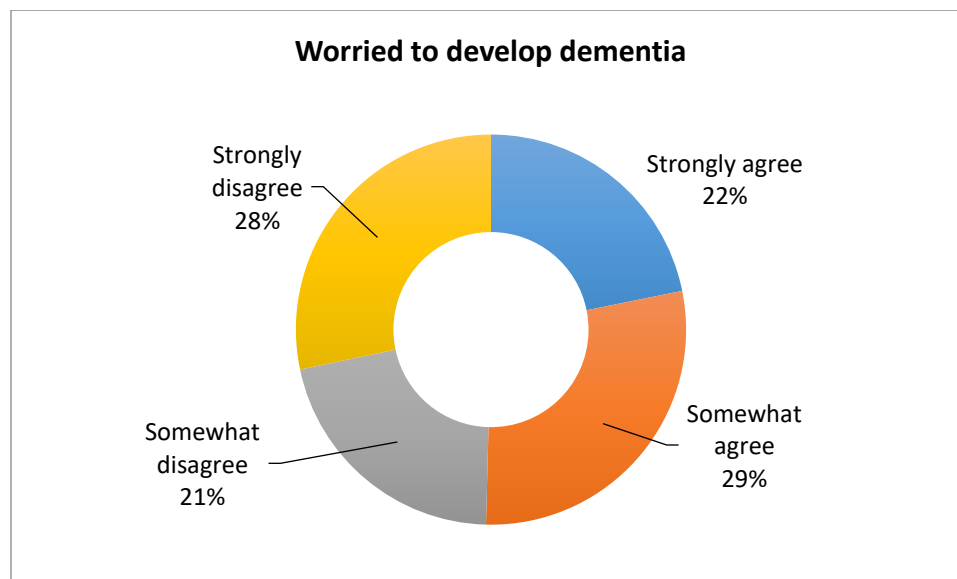


Subgroups	Confident* %
Age Groups	
20-30	71.0
31-40	35.9
41-50	48.3
51-60	52.1
61-70	41.9
71-80	39.7
80+	26.1
Gender	
Female	42.2
Male	47.7
Community Size	
<499	44.9
500-999	28.1
1000-5000	46.7
>5000	45.4

*Strongly agree

Question: I am confident interacting with someone showing signs of Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

Worried about Developing Alzheimer's disease or Dementia



Subgroups	Worried to develop dementia* %
Age Groups	
20-30	0
31-40	25.3
41-50	29.5
51-60	20.8
61-70	21.3
71-80	23.8
80+	19.0
Gender	
Female	25.0
Male	18.4
Community Size	
<499	27.6
500-999	27.3
1000-5000	18.7
>5000	21.1

*Strongly agree

Question: I am worried about getting Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

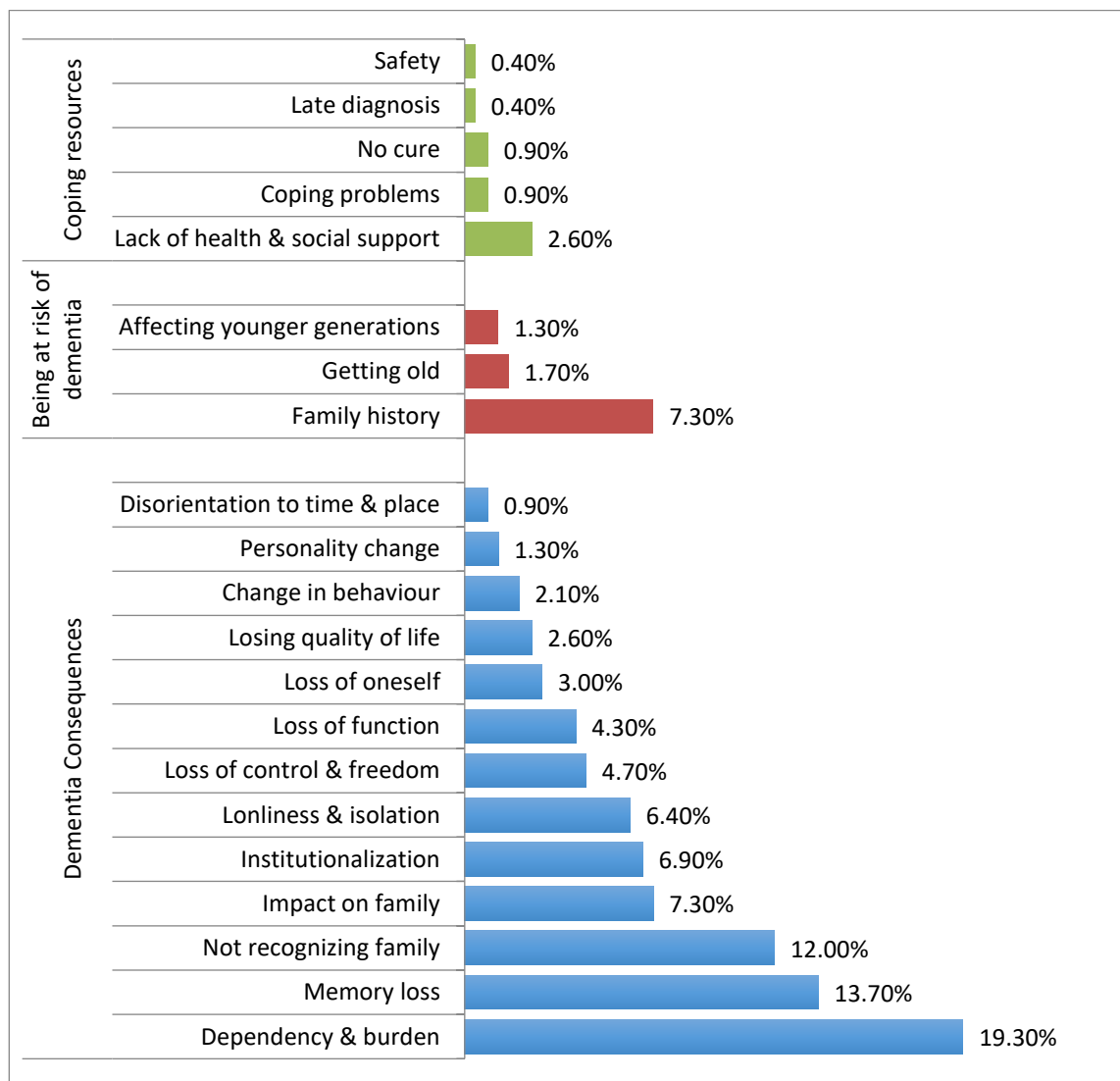
Fears Related to Developing Alzheimer's disease or Dementia

Name	Frequency	%
Dementia Consequences	197	84.5
Dependency and burden	45	19.3
Memory loss	32	13.7
Not recognizing family	28	12.0
Impact on family	17	7.3
Institutionalization	16	6.9
Loneliness and isolation	15	6.4
Loss of control and freedom	11	4.7
Loss of function	10	4.3
Loss of oneself	7	3.0
Losing quality of life	6	2.6
Changes in behaviour	5	2.1
Personality change	3	1.3
Disorientation to time and place	2	0.9
Being at Risk of Dementia	24	10.3
Family history	17	7.3
Getting old	4	1.7
Affects younger generations	3	1.3
Coping Resources	12	5.2
Lack of health and social support	6	2.6
Coping problems	2	0.9
No cure	2	0.9
Late diagnosis	1	0.4
Safety	1	0.4
Total	233	100.0

Question: What worries you the most about getting Alzheimer's disease or another form of dementia? (open-ended question)

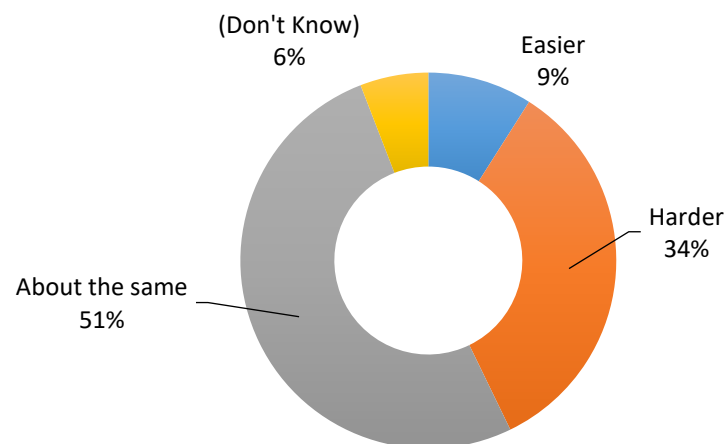
The categories presented in this table are suggested by: Kessler, E., et al. (2012), Dementia worry: A psychological examination of an unexplained phenomena. *European Journal of Aging*, 9, 275-284.

Fears Related to Developing Alzheimer's disease or Dementia



Sharing a Diagnosis of Alzheimer's disease or Dementia

Sharing dementia diagnosis compared to other diseases



Subgroups	Harder to share a dementia diagnosis %
Age Groups	
20-30	0
31-40	32.9
41-50	42.4
51-60	43.1
61-70	33.3
71-80	31.1
80+	42.9
Gender	
Female	34.0
Male	33.0
Community Size	
<499	29.2
500-999	36.4
1000-5000	39.6
>5000	25.5

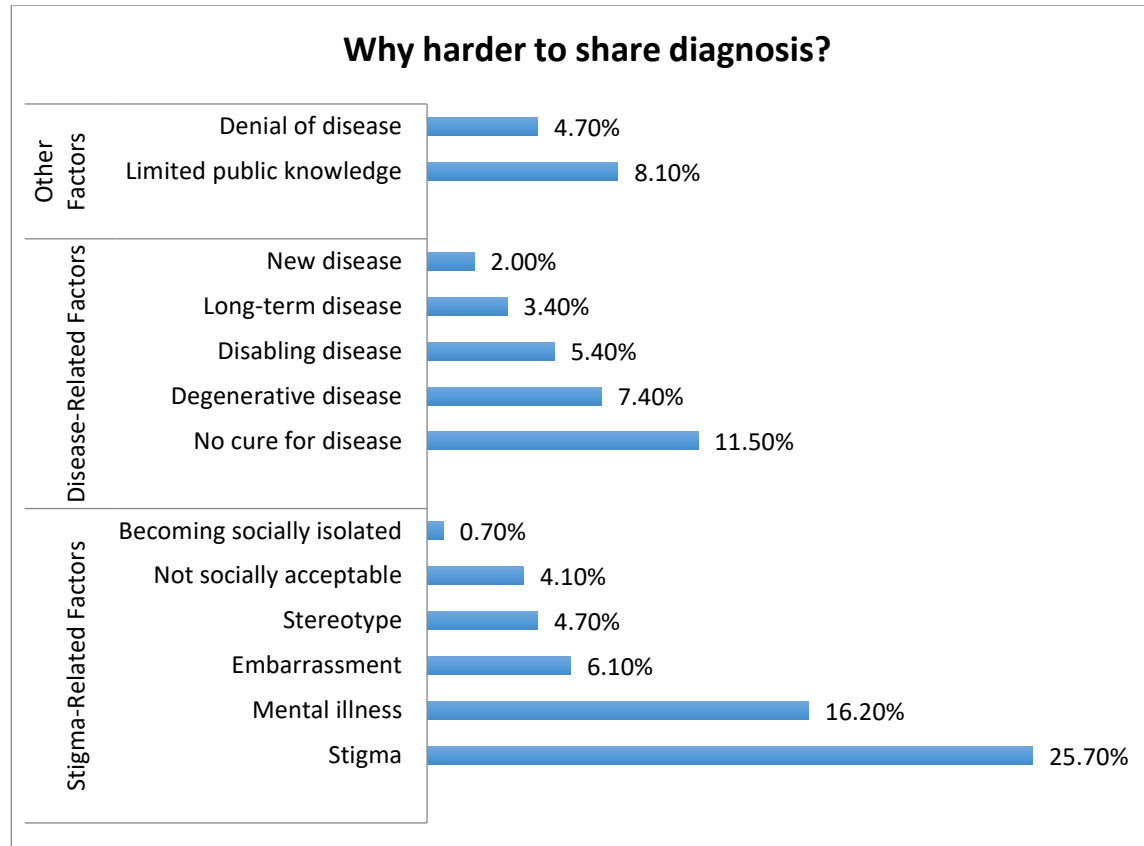
Question: Compared with other diseases like cancer or heart disease, do you think it is easier, harder or about the same for someone to share that they, or someone close to them, has been diagnosed with Alzheimer's disease or another form of dementia?

Reasons for Reluctance to Share a Diagnosis

Reason	Frequency	%
Stigma-Related Factors	85	57.5
Stigma	38	25.7
Mental illness	24	16.2
Embarrassment	9	6.1
Stereotype	7	4.7
Not socially acceptable	6	4.1
Becoming socially isolated	1	0.7
Disease-Related Factors	44	29.7
No cure for disease	17	11.5
Degenerative disease	11	7.4
Disabling disease	8	5.4
Long-term disease	5	3.4
New disease	3	2.0
Other Factors	19	12.8
Limited public knowledge	12	8.1
Denial of disease	7	4.7
Total	148	100.0

Question: Why do you think it would be harder to share the diagnosis? (open-ended question)

Reasons for Reluctance to Share a Diagnosis



APPENDIX – Complete Tables

Sample Characteristics (unweighted data)	Page 23
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Note: *The findings in the following tables are based on the data weighted by age and gender*

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Sample Characteristics

Community by Population Size

	Frequency	%
Less than 499	91	22.5
500-999	42	10.4
1000-5000	158	39.1
Greater than 5000	100	24.8
(Prefer not to answer)	13	3.2
Total	404	100.0

Do you identify as Métis, Inuit, or a member of a First Nation?

	Frequency	%
Yes	13	3.2
No	390	96.5
(Prefer not to answer)	1	.2
Total	404	100.0

Gender

	Frequency	%
Male	136	33.7
Female	267	66.1
(Prefer not to answer)	1	.2
Total	404	100.0

Age

	Frequency	%
20-30	6	1.5
31-40	37	9.2
41-50	41	10.1
51-60	78	19.3
61-70	107	26.5
71-80	98	24.3
80+	34	8.4
Total	401	99.3

Highest Educational Level

	Frequency	%
Some school but did not complete secondary/high school	63	15.6
Completed secondary / high school	111	27.5
Some technical or community college	25	6.2
Completed technical or community college	85	21.0
Some University	38	9.4
Bachelor's Degree	62	15.3
Master's Degree	10	2.5
Professional Degree (e.g., Law Degree, Medical Degree)	9	2.2
(Refused)	1	.2
Total	404	100.0

Do you provide care in the home?

	Frequency	%
Yes	32	7.9
No	49	12.1
Total	81	20.0
Missing	323	80.0
Total	404	100.0

Do you live with this person?

	Frequency	%
Yes	31	3.2
No	68	16.8
Total	81	20.0
Missing	323	80.0
Total	404	100.0

Self-Rated Knowledge of Dementia or Alzheimer's disease

How would you rate your level of knowledge about Alzheimer's disease or another form of dementia?

	Frequency	%
Knowledgeable	77	19.1
Somewhat knowledgeable	238	58.9
Somewhat unknowledgeable	70	17.4
Unknowledgeable	18	4.4
(Don't Know)	1	.2
Total	404	100.0

Knowledge Level by Respondent Community (Population Size)

	< 499 (n=97) %	500-999 (n=33) %	1000-5000 (n=152) %	>5000 (n=110) %
Knowledgeable	7.2	21.2	22.4	23.6
Somewhat knowledgeable	70.1	63.6	53.9	56.4
Somewhat unknowledgeable	21.6	6.1	16.4	15.5
Unknowledgeable	1.0	9.1	6.6	4.5
(Don't Know)	0.0	0.0	0.7	0.0
Total	100.0	100.0	100.0	100.0

Knowledge Level by Respondent Age

	20-30 (n=31) %	31-40 (n=78) %	41-50 (n=60) %	51-60 (n=72) %	61-70 (n=75) %	71-80 (n=62) %	81+ (n=23) %
Knowledgeable	22.6	5.1	11.7	26.4	28.0	21.0	30.4
Somewhat knowledgeable	12.9	71.8	65.0	54.2	54.7	69.4	56.5
Somewhat unknowledgeable	64.5	14.1	20.0	18.1	12.0	6.5	4.3
Unknowledgeable	0.0	9.0	3.3	1.4	5.3	3.2	4.3
(Don't Know)	0.0	0.0	0.0	0.0	0.0	0.0	4.3
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Knowledge Level by Gender

	Male (n=197) %	Female (n=206) %
Knowledgeable	18.3	19.9
Somewhat knowledgeable	56.9	61.2
Somewhat unknowledgeable	18.3	16.5
Unknowledgeable	6.6	2.4
(Don't Know)	0.0%	0.0
Total	100.0%	100.0

Living Well with Dementia

Question: People can still live well with Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

	Frequency	%
Strongly agree	105	26.2
Somewhat agree	209	52.2
Somewhat disagree	55	13.7
Strongly disagree	17	4.3
(Don't Know)	14	3.5
Total	401	100.0

Living well with dementia by Respondent Community (Population Size)

	< 499 (n=98) %	500-999 (n=33) %	1000-5000 (n=150) %	>5000 (n=108) %
Strongly agree	21.4	24.2	29.3	27.8
Somewhat agree	55.1	51.5	53.3	47.2
Somewhat disagree	14.3	9.1	10.0	21.3
Strongly disagree	7.1	6.1	4.0	1.9
(Don't Know)	2.0	9.1	3.3	1.9
Total	100.0	100.0	100.0	100.0

Living well with dementia by Respondent Age

	20-30 (n=31) %	31-40 (n=79) %	41-50 (n=61) %	51-60 (n=70) %	61-70 (n=74) %	71-80 (n=62) %	81+ (n=22) %
Strongly agree	35.5	31.6	21.3	34.3	23.0	21.0	13.6
Somewhat agree	29.0	55.7	60.7	47.1	55.4	50.0	59.1
Somewhat disagree	35.5	5.1	13.1	14.3	14.9	17.7	4.5
Strongly disagree	0.0	3.8	1.6	2.9	2.7	8.1	9.1
(Don't Know)	0.0	3.8	3.3	1.4	4.1	3.2	13.6
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Living well with dementia by Gender

	Male (n=196) %	Female (n=206) %
Strongly agree	28.6	24.3
Somewhat agree	51.5	51.9
Somewhat disagree	14.8	12.6
Strongly disagree	2.6	6.3
(Don't Know)	2.6	4.9
Total	100.0	100.0

Confident in Interactions

Question: I am confident interacting with someone showing signs of Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

	Frequency	%
Strongly agree	181	44.8
Somewhat agree	169	41.7
Somewhat disagree	32	8.0
Strongly disagree	8	2.0
(Don't Know)	14	3.5
Total	404	100.0

Confident in interactions by Respondent Community (Population Size)

	< 499 (n=98) %	500-999 (n=32) %	1000-5000 (n=152) %	>5000 (n=108) %
Strongly agree	44.9	28.1	46.7	45.4
Somewhat agree	42.9	43.8	38.2	45.4
Somewhat disagree	9.2	15.6	7.2	6.5
Strongly disagree	2.0	3.1	0.7	2.8
(Don't Know)	1.0	9.4	7.2	0.0
Total	100.0	100.0	100.0	100.0

Confident in interactions by Respondent Age

	20-30 (n=31) %	31-40 (n=78) %	41-50 (n=60) %	51-60 (n=73) %	61-70 (n=74) %	71-80 (n=63) %	81+ (n=23) %
Strongly agree	71.0	35.9	48.3	52.1	41.9	39.7	26.1
Somewhat agree	29.0	46.2	45.0	34.2	47.3	46.0	34.8
Somewhat disagree	0.0	7.7	5.0	12.3	6.8	6.3	21.7
Strongly disagree	0.0	1.3	1.7	0.0	1.4	4.8	4.3
(Don't Know)	0.0	9.0	0.0	1.4	2.7	3.2	13.0
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Confident in interactions by Gender

	Male (n=197) %	Female (n=206) %
Strongly agree	47.7	42.2
Somewhat agree	38.1	45.6
Somewhat disagree	8.1	7.3
Strongly disagree	1.0	2.9
(Don't Know)	5.1	1.9
Total	100.0	100.0

Worried about developing Alzheimer's disease or Dementia

Question: I am worried about getting Alzheimer's disease or another form of dementia (strongly agree/somewhat agree/somewhat disagree/disagree)

	Frequency	%
Strongly agree	87	21.7
Somewhat agree	114	28.5
Somewhat disagree	85	21.2
Strongly disagree	113	28.1
(Don't Know)	2	.5
Total	402	100.0

Worried about developing dementia by Respondent Community (Population Size)

	< 499 (n=98) %	500-999 (n=33) %	1000-5000 (n=150) %	>5000 (n=109) %
Strongly agree	27.6	27.3	18.7	21.1
Somewhat agree	27.6	21.2	29.3	31.2
Somewhat disagree	13.3	18.2	25.3	17.4
Strongly disagree	31.6	30.3	26.0	29.4
(Don't Know)	0.0	3.0	0.7	0.9
Total	100.0	100.0	100.0	100.0

Worried about developing dementia by Respondent Age

	20-30 (n=31) %	31-40 (n=79) %	41-50 (n=61) %	51-60 (n=72) %	61-70 (n=75) %	71-80 (n=63) %	81+ (n=21) %
Strongly agree	0.0	25.3	29.5	20.8	21.3	23.8	19.0
Somewhat agree	22.6	15.2	31.1	34.7	36.0	28.6	28.6
Somewhat disagree	29.0	13.9	29.5	25.0	16.0	19.0	28.6
Strongly disagree	48.4	45.6	9.8	19.4	25.3	27.0	19.0
(Don't Know)	0.0	0.0	0.0	0.0	0.0	1.6	4.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Worried about developing dementia by Gender

	Male (n=196) %	Female (n=204) %
Strongly agree	18.4	25.0
Somewhat agree	30.1	26.5
Somewhat disagree	19.9	22.5
Strongly disagree	31.1	25.5
(Don't Know)	0.5	0.5
Total	100.0	100.0

Sharing a Diagnosis of Alzheimer's disease or Dementia

Question: Compared with other diseases like cancer or heart disease, do you think it is easier, harder or about the same for someone to share that they, or someone close to them, has been diagnosed with Alzheimer's disease or another form of dementia?

	Frequency	%
Easier	36	9.0
Harder	135	33.8
About the same	205	51.3
(Don't Know)	24	5.9
Total	399	100.0

Sharing a diagnosis by Respondent Community (Population Size)

	< 499 (n=96) %	500-999 (n=33) %	1000-5000 (n=149) %	>5000 (n=110) %
Easier	2.1	3.0	4.0	24.5
Harder	29.2	36.4	39.6	25.5
About the same	57.3	54.5	51.0	47.3
(Don't Know)	11.5	6.1	5.4	2.7
Total	100.0	100.0	100.0	100.0

Sharing a diagnosis by Respondent Age

	20-30 (n=31) %	31-40 (n=79) %	41-50 (n=59) %	51-60 (n=72) %	61-70 (n=75) %	71-80 (n=61) %	81+ (n=21) %
Easier	45.2	11.4	1.7	0.0	9.3	4.9	14.3
Harder	0.0	32.9	42.4	43.1	33.3	31.1	42.9
About the same	54.8	44.3	55.9	56.9	49.3	52.5	38.1
(Don't Know)	0.0	11.4	0.0	0.0	8.0	11.5	4.8
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Sharing a diagnosis by Gender

	Male (n=197) %	Female (n=201) %
Easier	15.2	2.9
Harder	33.0	34.0
About the same	45.2	55.8
(Don't Know)	6.6	4.9
Total	100.0	100.0