

# WEBINAR WEDNESDAY

Alzheimer's and Dementia  
in Focus

*June 8, 2022*



# Welcome to Today's Webinar!

- Live captioning streamed through webinar (Zoom)
- American Sign Language Interpretation via webinar (Zoom)
- Recording, slides, and transcripts will be posted at CalHHS's Master Plan for Aging webpage and will be emailed to all attendees within 5 business days.

# Questions & Comments

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- For additional information or feedback email [Engage@aging.ca.gov](mailto:Engage@aging.ca.gov).

# Welcome & Opening Remarks

**Susan DeMarois**

*Director, CA Department of Aging*

**Dana Toppel**

*Member, California Commission on Aging & Chief  
Operating Officer, Jewish Family Services of San Diego*

# Reflections: One Person's Experience

**Andrea Robert**

*Caregiver and Member, CA Alzheimer's Disease &  
Related Disorders Advisory Committee*



# ANDREA ROBERT



## MILD COGNITIVE IMPAIRMENT - WHAT YOU NEED TO KNOW

presented by the **alzheimer's** association®

### WITH GUEST SPEAKERS:



**SUSAN HOWLAND**

Program Director  
Alzheimer's Association  
California Southland



**ANDREA ROBERT**

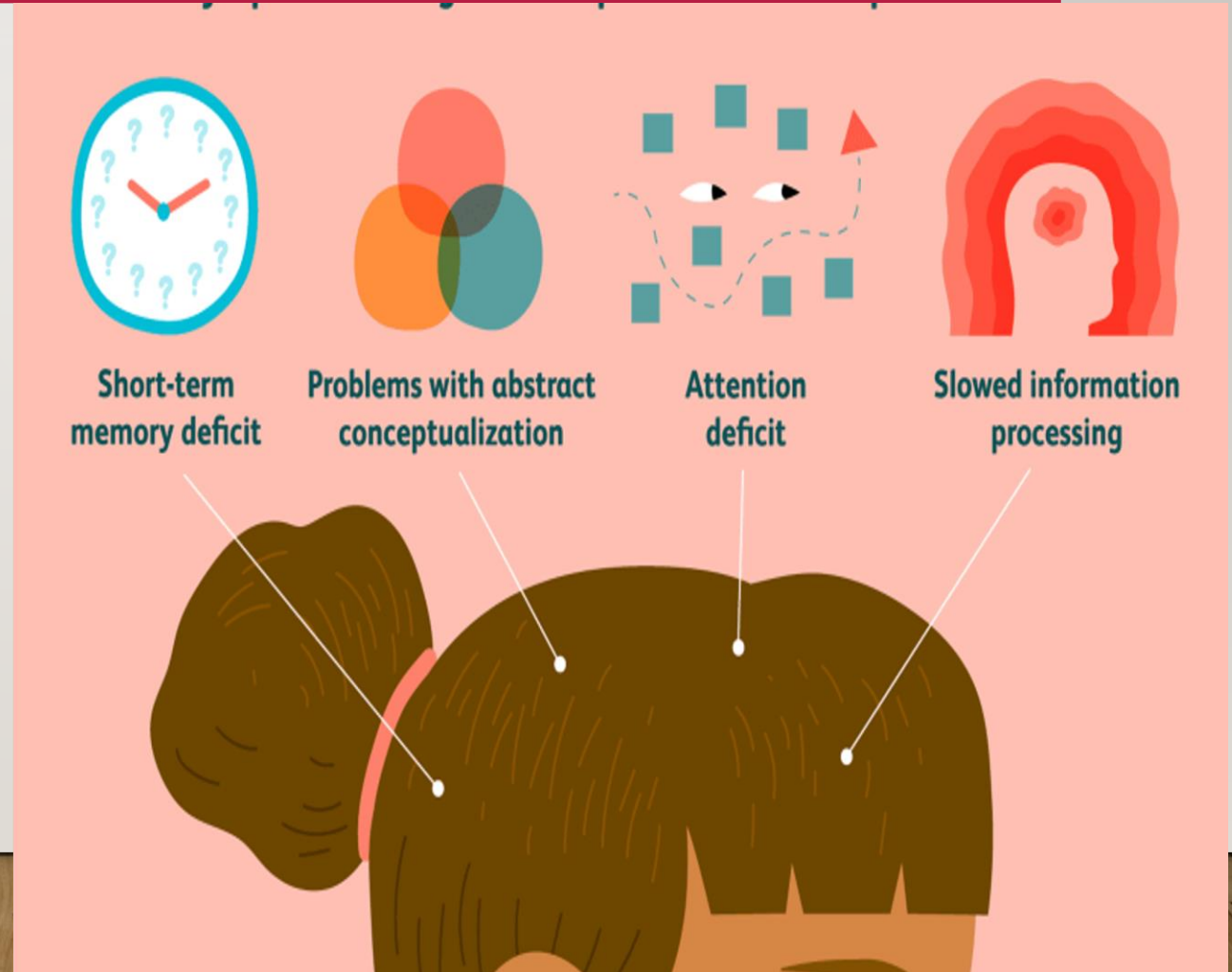
Living with Mild Cognitive  
Impairment

**THURSDAY, APRIL 7**

**1 PM PST**

**TUNE IN ON [FACEBOOK.COM/SOCALZ](https://www.facebook.com/socalz)**

# LIVING WITH MILD COGNITIVE IMPAIRMENT (MCI)





# WORKING AS A CERTIFIED NURSING ASSISTANT HAD A PROFOUND IMPACTED ON MY LIFE!

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Our skills are DIFFERENT.  
Not LESS.

Sincerely,  
Your  
hardworking  
CNAs

someecards  
user card







*Research  
and Medical  
Education*

**A PEOPLE-CENTRED  
ORGANIZATION**

*People with Lived  
Experience  
and Their Families*

*Community  
and Society*

# THANK YOU!

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# **Systems Context: Challenges, Opportunities, and Equity in Alzheimer's Care and Service Delivery**

**Edie Yau**

*Director of Diversity, Equity, and Inclusion Engagement  
Alzheimer's Association*



# Challenges, Opportunities and Equity in Alzheimer's Care and Service Delivery



# 2022 Alzheimer's Disease Facts and Figures



**1 in 3**

seniors dies with Alzheimer's  
or another dementia

Over  
**11 million**  
Americans

provide unpaid care for  
people with Alzheimer's or  
other dementias



These caregivers  
provided more than  
16 billion hours  
valued at nearly

**\$272**  
billion



In 2020, COVID-19  
contributed to a

**17% increase**  
in Alzheimer's and  
dementia deaths

In 2022, Alzheimer's  
and other dementias will  
cost the nation

**\$321**  
billion

By 2050, these costs  
could rise to nearly

**\$1**  
trillion

Between 2000  
and 2019, deaths from  
heart disease have  
decreased  
**7.3%**

while deaths  
from Alzheimer's  
disease have  
increased  
**145%**

It kills more than  
breast cancer  
and prostate cancer

**combined**

More than **80%** of Americans  
know little or are not familiar with  
mild cognitive impairment (MCI), which  
can be an early stage of Alzheimer's.

# Mild Cognitive Impairment



More than 80% of Americans know little or are not familiar with mild cognitive impairment (MCI), **WHICH CAN BE AN EARLY STAGE OF ALZHEIMER'S.**

ALZHEIMER'S  ASSOCIATION®



Mild Cognitive Impairment (MCI) is an **early stage of memory loss or other cognitive ability loss** in individuals who are able to perform most activities of daily living.

ALZHEIMER'S  ASSOCIATION®



About one-third of people with Mild Cognitive Impairment (MCI) **develop dementia due to Alzheimer's within 5 years.**

ALZHEIMER'S  ASSOCIATION®



# Prevalence

By 2050, the number of people age 65 and older with Alzheimer's dementia is projected to reach nearly 13 million.



# CALIFORNIA

## ALZHEIMER'S STATISTICS



### PREVALENCE

**65+** NUMBER OF PEOPLE AGED 65  
AND OLDER WITH ALZHEIMER'S

Year	TOTAL	ESTIMATED % CHANGE
2020	690,000	21.7%
2025	840,000	



### MORTALITY



### DEMENTIA DEATHS DURING THE COVID-19 PANDEMIC

**4,643** more deaths than  
expected from  
dementia in 2020 **18.8%** higher  
than average

### # OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

**16,859**

**281.5%** increase in Alzheimer's deaths since 2000

**3<sup>rd</sup>** leading cause of death



# Gender and Racial Differences in Alzheimer's Prevalence

- Almost two-thirds of Americans with Alzheimer's are women.
- Older African Americans and Latinos are disproportionately more likely than older whites to have Alzheimer's or other dementias.



# DISCRIMINATION

is a barrier to Alzheimer's and dementia care.

These populations reported discrimination when seeking health care:



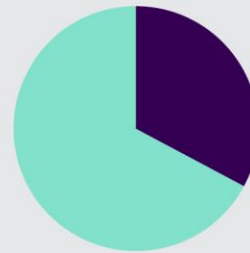
**50%**  
of Black  
Americans



**42%**  
of Native  
Americans



**34%**  
of Asian  
Americans




**33%**  
of Hispanic  
Americans

# Dementia and the LGBTQ Community


LGBT adults living with dementia face unique challenges in **accessing support**

**40%**  report that their support networks have become smaller over time

**34%**  live alone

Up to **30%**  experience lower rates of access to care

Alzheimer's is the most expensive disease in the nation

**51%**  of LGBT older people report being very concerned about having enough money to live on

Fear of discrimination can delay access to care

**40%**  say their health care providers don't know their sexual orientation



# The Progression of Alzheimer's is Slow and Burdensome

- People age 65+ survive an average of **four to eight years** after a diagnosis, yet some live as long as **20 years**.
- Individuals who live from age 70 to age 80 with Alzheimer's dementia will spend an average of **40%** of this time in dementia's most severe stage.
- The long duration of the disease **contributes significantly to the public health impact** of Alzheimer's.







# CAREGIVING

In 2021, more than **11 million Americans** provided an estimated **16 billion hours of unpaid care**, valued at more than **\$271 billion**.

# Who Are the Alzheimer's Caregivers?

- **Two-thirds** of caregivers are women, and **one-third** are daughters.
- **About one in three** caregivers is age 65 or older.
- **Over half** of primary caregivers take care of their parents.
- **One quarter** of dementia caregivers are “sandwich generation” caregivers, taking care of both an aging parent and child.
- **41%** of caregivers have a household income of \$50,000 or less.
- **66%** live with the care recipient in the community.

# Race, Ethnicity and Caregiving

- Black caregivers more likely to provide more than 40 hours of care per week than White caregivers (54.3% versus 38.6%). Also more likely to care for someone with dementia (31.7% versus 11.9%) than White caregivers.
- Black dementia caregivers — 69% less likely to use respite services compared with White caregivers.
- Hispanic, Black, and Asian American dementia caregivers indicate greater care demands, less outside help/formal service use, and greater depression when compared with White caregivers.
- Black caregivers — more likely than White caregivers to report positive aspects of caregiving.



# WORKFORCE

As the prevalence of Alzheimer's disease increases, so does the need for members of the paid dementia care workforce.



# Lack of Dementia Care Specialists

- **55% of PCPs** caring for people living with Alzheimer's report there are not enough dementia care specialists in their communities.
- PCPs reporting lack of specialists varies by location:
  - **44%** in large cities
  - **54%** in suburbs near large cities
  - **63%** in small city or town
  - **71%** in rural areas

# Meeting Future Demands For Direct Care Workers

- In 48 U.S. states, double-digit percentage increases in home health and personal care aides will be needed by 2028 to meet demand.
- From 2016 to 2026, the demand for direct care workers is projected to grow by more than 40%, while their availability is expected to decline.

# CA Addresses Alzheimer's

Alzheimer's Prevention and Preparedness Taskforce

Master Plan for Aging

CA Dept of Public Health (CDPH)  
Alzheimer's Disease Program (ADP) -  
**California Healthy Brain Initiative** *State and Local Public Health Partnerships to Address Dementia*

**10** Alzheimer's Disease Research Centers

I TRIED MAKING  
MY FAMOUS  
CHICKEN RECIPE,  
BUT **CONFUSED**  
THE STEPS.

KNOW  
WHERE  
ALZHEIMER'S  
AND ALL  
DEMENTIA  
HIDE.

 ALZHEIMER'S  
ASSOCIATION

Difficulty planning and completing familiar tasks are warning signs of Alzheimer's.  
Learn more at [alz.org/10signs](https://www.alz.org/10signs)



# Panel Discussion

- **Corinne Eldridge**, President & CEO, Center for Caregiver Advancement
- **Darrick Lam**, President & CEO, ACC Senior Services and Vice Chair, CA Alzheimer's Disease & Related Disorders Advisory Committee
- **Andrea Robert**, Member, CA Alzheimer's Disease & Related Disorders Advisory Committee
- **Sydney Stinger**, Healthy Brain Initiative Coordinator, Shasta Co. Health & Human Services

*Moderated by Edie Yau*



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# Alzheimer's & All Dementias: 10 Bold & Brave Recommendations

1

Governor's Senior  
Advisor

2

Global Research

3

Public Awareness

4

Care Digital Portal

5

Care Savings  
Accounts

6

Workforce  
Incentives

7

Caregiver Training  
& Certification

8

Blue Zone City  
Challenge

9

Volunteer Care  
Corps

10

Standard for  
Diagnosis & Care



**THANK YOU!**

LEARN MORE ABOUT THE MPA:  
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