

## RECOMMENDATIONS

To address the dramatic increase in the number of individuals diagnosed with Alzheimer's disease, policymakers at the federal, state and local levels in partnership with the private sector must work together to develop and fund a comprehensive network of programs and policies that will support individuals living with Alzheimer's disease or related disorders and their caregiving families.

### Action Steps for Los Angeles City and County Officials:

- Support creative partnerships between government institutions, the private sector, and grantmakers to provide funding for the development of:
  - More community-based support services for people living with Alzheimer's disease and for their families;
  - Improved access to existing services for under-served racial and ethnic groups;
  - Better quality health care delivery using Alzheimer's care management to supplement usual care;
  - Improved training in Alzheimer's care for public employees who work with these families in programs such as Adult Protective Services, In Home Supportive Services, Senior Care Management Services, Police and Emergency Medical Technicians.
- Los Angeles County should continue to expand its efforts to conduct surveillance and data collection on Alzheimer's disease and caregiving at the county level.

### Action Steps for the Private Sector:

- Implement employer-based programs and policies that support both caregivers as well as employees in the early stages of the disease, such as increasing the availability of options like flextime; telecommuting and job-sharing.
- Provide information, referral and educational programs; and
- Provide employee and/or employer funded long-term care insurance.



## LOS ANGELES COUNTY DATA REPORT ON ALZHEIMER'S DISEASE

### Alzheimer's Disease in Los Angeles

Over the next 20 years, the impact of Alzheimer's disease on the State of California will increase dramatically. The leading edge of the baby boomer generation turned 62 this year. This enormous demographic bulge has defined times in the past and the graying of the boomers will soon define California's future. Individuals are also living longer, resulting in a growing population of older adults. Since the primary risk factor for Alzheimer's disease is older age, we can expect a substantial increase in the numbers of people who will be living with this disease. This is true at all levels: national, state, and local. In fact, because of its size and diverse population Los Angeles County will see some of the most dramatic growth in the number of individuals and families needing services and supports to deal with the realities of Alzheimer's disease.

### Prevalence of Alzheimer's Disease in Los Angeles

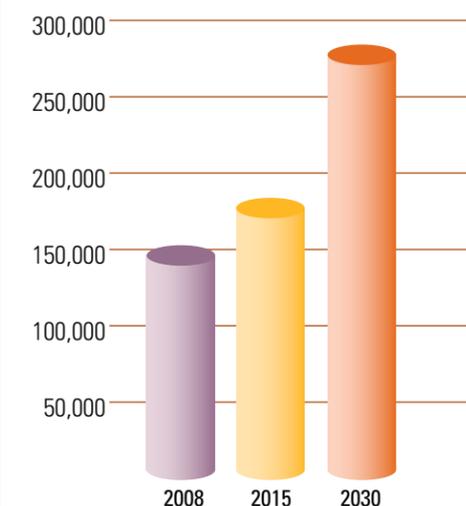
Between now and 2030 the number of Angelenos living with Alzheimer's disease will nearly double. This dramatic increase will affect all race and ethnic groups as well as all regions of the state.

The data reveal that:

- Currently, there are 147,140 Angelenos living with Alzheimer's disease.
- By 2030, this number will nearly double; growing to over 278,806.



**Number of People in Los Angeles County 65+ with Alzheimer's Disease; 2008-2030**



## LOS ANGELES COUNTY DATA REPORT ON ALZHEIMER'S DISEASE

### Prevalence of Alzheimer's Disease in Los Angeles's Diverse Communities

Los Angeles is one of the most ethnically and culturally diverse counties in California. As such, it is important to recognize how current and future population trends in Los Angeles will change the face of Alzheimer's disease in the next three decades.

- Due to a rapidly aging population, the number of Los Angeles's Latinos and Asians living with Alzheimer's disease will nearly triple by 2030.
- The number of African-Americans living with Alzheimer's disease will nearly double in this timeframe.

Though there is some evidence of genetic differences and environmental risk factors for Alzheimer's disease among ethnically diverse groups, more studies are needed to confirm these variations. Additionally, cultural biases

in cognitive testing and inadequate translation of diagnostic tools may influence the identification of dementia in ethnically diverse populations. As a consequence, underreporting and obtaining a diagnosis at a later stage of Alzheimer's disease often occurs among people of color. This not only limits our understanding of the impact of Alzheimer's disease within racially and culturally diverse communities, but can directly impact the individual living with Alzheimer's disease, since the effectiveness of medications, psychological or social interventions depends upon early intervention.



### Lifetime Risk for Alzheimer's in California

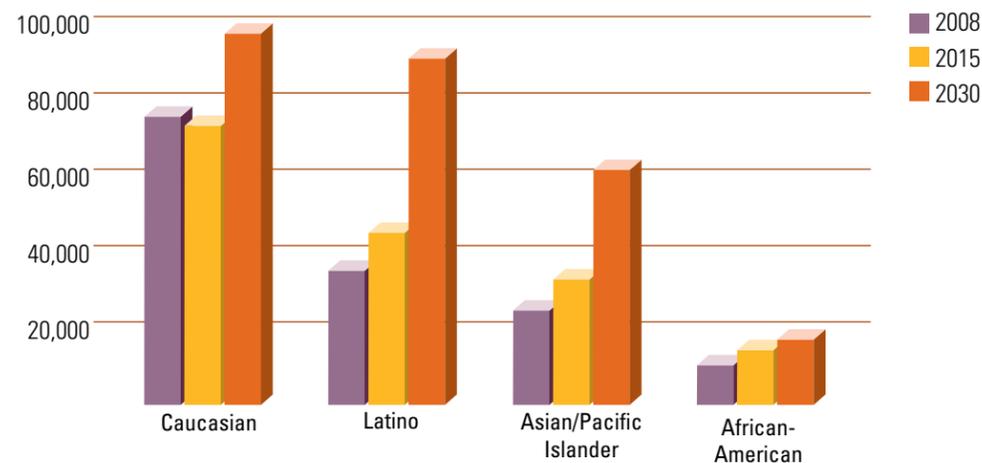
The lifetime risk of a disease or condition is the likelihood that a person will develop the disease or condition at any time in his or her life. Currently, one in five women and

one in seven men who reach age 55 will develop some type of dementia, including Alzheimer's disease. The risk of developing Alzheimer's disease and dementia is higher for women because they live longer, on average, than men. In addition, the true lifetime risk for baby boomers will also be greater because the number of deaths due to heart disease, cancer and stroke (the three leading causes of death) is decreasing, while the number of deaths due to Alzheimer's disease is increasing.

Among baby boomers in Los Angeles County who reach age 55:

- One in eight will develop Alzheimer's disease
- One in six will develop a dementia

Estimated Number of People in Los Angeles County 65+ with Alzheimer's Disease by Race/Ethnicity; 2008-2030

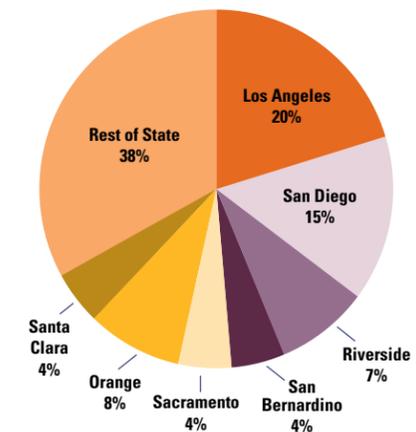


### Deaths from Alzheimer's Disease in California

Los Angeles, San Diego, and Orange counties have the highest proportion of deaths due to Alzheimer's disease, given their large number of older adults. Between 2003 and 2005, almost 20% of the deaths in California attributed to Alzheimer's disease occurred in Los Angeles County. The fact that Alzheimer's disease death rates are known to vary with ethnicity may explain why Los Angeles, one of the state's most diverse counties, had the highest percentage of deaths due to Alzheimer's disease. Overall in California:

- Alzheimer's disease is now the sixth leading cause of death in California.
- Compared to other leading causes of death in California, Alzheimer's disease showed the greatest growth (58.3% from 2000-2004)

Alzheimer's Deaths in California 2003-2005



Source: Forthcoming 2009, Alzheimer's Association California Council. 2008 Alzheimer's Disease Facts and Figures in California: Current Status and Future Projections.