







## The Los Angeles County Strategic Plan for Alzheimer's Disease and Related Dementias, 2023-2028

- In 2020, the Los Angeles County Department of Public Health (Public Health) received funding from the Centers for Disease Control and Prevention (CDC) to launch the *Los Angeles County BOLD Initiative* (LA BOLD).
- As part of LA BOLD, Public Health established the Healthy Brain LA Coalition in partnership with Los Angeles County Aging and Disabilities Department to develop a strategic plan for improving dementia care and support in the region. The Coalition includes representation from local area agencies on aging, health care organizations, health plans, institutions of higher learning, and community-based organizations that support older adults with dementia and their caregivers.
- The Los Angeles County Strategic Plan for Alzheimer's Disease and Related Dementias, 2023-2028 outlines dementia-focused objectives, strategies, and activities for the next 5 years.

The plan aligns with the priorities of the Centers for Disease Control and Prevention's *Healthy Brain Initiative Road Map* and addresses three focus areas for action:

- 1 Hypertension Prevention and Management
- 2 Early Detection
- 3 Advance Care Planning

Each focus area includes a range of strategies and activities addressing the following four domains:

-  Policy and Systems
-  Education
-  Health Care Workforce Capacity
-  Caregiver Services and Support

# The Los Angeles County Strategic Plan for Alzheimer's Disease and Related Dementias, 2023-2028

## Hypertension Prevention & Management

Expand and improve accessibility and use of effective hypertension prevention and management practices to support overall brain health and dementia risk reduction.

- **Policy and Systems:** Address barriers to quality hypertension prevention and management service delivery in health care and community settings.
- **Education:** Increase awareness of the importance of hypertension prevention and management across the lifespan.
- **Health Care Workforce Capacity:** Improve workforce capacity for accurate blood pressure measurement and effective management.
- **Caregiver Services & Supports:** Increase caregiver capacity to manage their blood pressure and that of the person they care for.

## Early Detection

Normalize and expand early detection of dementia in home, community, and health care settings.

- **Policy and Systems:** Improve early detection of dementia by building workforce and system capacity across health care and community settings
- **Education:** Educate the general public and health care professionals about the benefits of early detection to address dementia stigma.
- **Health Care Workforce Capacity:** Increase health care professionals' capacity to conduct cognitive assessments as part of routine care.
- **Caregiver Services & Supports:** Strengthen programs and services across sectors to improve caregiver capacity to support early detection and enable them to prepare for the future.



Scan for  
Strategic Plan

[www.bit.ly/lacadrplan](http://www.bit.ly/lacadrplan)

## Advance Care Planning

Strengthen knowledge about, and greater use of, advance care planning and related tools for supporting people in all stages of dementia.

- **Policy and Systems:** Increase accessibility and sharing of advance care plans among health care teams, families, caregivers, and others to support dementia care coordination.
- **Education:** Reframe and normalize discussion of advance care planning to increase engagement in the process.
- **Health Care Workforce Capacity:** Strengthen health care professionals' capacity to support advance care planning for people living with dementia.
- **Caregiver Services & Supports:** Equip caregivers with support, training, resources and tools to play an active role in advance care planning.

## Surveillance & Implementation

### Dementia Surveillance & Implementation

- Develop standards for dementia-related data elements to be collected and monitored in Los Angeles County.
- Establish a cross-sector data inventory and analytic strategy for dementia in Los Angeles County.
- Collaborate with partners to implement the Behavioral Risk Factor Surveillance System optional module for Cognitive Decline or Caregiving in local surveillance data collection efforts.

### Strategic Plan Implementation & Monitoring

- Use data gleaned through available surveillance strategies and other sources to inform implementation of the HBLA dementia strategic plan.
- Develop outcome measures to track progress and assess the impact of strategic plan activities.
- Include evaluation and sustainability into strategic plan programming to determine program accessibility, effectiveness, and impact.
- Support analysis, translation, and dissemination of strategic plan surveillance efforts for sharing with multiple audiences.



[www.publichealth.lacounty.gov/healthybrainla](http://www.publichealth.lacounty.gov/healthybrainla)



@ChooseHealthLA #HealthyBrainLA

