

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

As people live longer, the impact of Alzheimer's disease and related dementias (dementia) on individuals, families, and society will likely increase. In 2020, the Los Angeles County Department of Public Health and its partners launched Healthy Brain LA to develop a strategic plan to prioritize Alzheimer's disease and related dementias and ensure people living with these conditions, as well as their caregivers and families are supported.

## The Strategic Plan addresses three focus areas of action:



**High Blood Pressure Prevention and Management** can protect the heart and brain, reducing the risk of stroke, heart disease, and dementia.



**Early Detection** can allow people with dementia, their caregivers, and families more time to access resources.



**Advance Care Planning** is an ongoing process where people with dementia engage in conversations and document future care preferences and values.

## Each focus area includes strategies and activities across the following four domains:



Policy and Systems



Education



Health Care Workforce Capacity



Caregiver Services and Support

## Dementia in Los Angeles County

190,300

residents ages 65 and older are living with Alzheimer's dementia<sup>1</sup>



adults are providing care for people living with dementia and cognitive impairment<sup>2</sup>

150%

The number of people living with Alzheimer's disease is expected to increase by 150% by 2040<sup>3</sup>



Learn more about Healthy Brain LA: [www.publichealth.lacounty.gov/healthybrainla](http://www.publichealth.lacounty.gov/healthybrainla)



@ChooseHealthLA #HealthyBrainLA

<sup>1</sup> Dhana et al. (2023) *Prevalence of Alzheimer's disease dementia in the 50 US states and 3142 counties*. <https://doi.org/10.1002/alz.13081>

<sup>2</sup> Thomas et al. (2022) *Caregiving for Individuals with Dementia and Cognitive Impairment in Los Angeles County*. <https://bit.ly/41c0dED>

<sup>3</sup> Ross et al. (2021) *Alzheimer's Disease and Related Dementias Facts and Figures in California: Current Status and Future Projections*. <https://bit.ly/3YS6pAe>

