



# **Alzheimer's Disease Facts and Figures in California: Current Status and Future Projections**

## **Executive Summary**

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The Alzheimer's Association is the leading voluntary health  
organization in Alzheimer's research and support, dedicated to finding  
prevention methods, treatments and an eventual cure for Alzheimer's.

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## Executive Summary



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 its times in the past and the graying of the boomers can 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 the disease.

This report was drawn from a variety of data sources. It details the broad and significant implications that this increased prevalence of Alzheimer's disease and related conditions will have on California's businesses, public programs, and affected families.

### Prevalence of Alzheimer's Disease in California

Between now and 2030 there will be a doubling in the number of Californians living with Alzheimer's disease. 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 588,208 Californians 55 and over living with Alzheimer's disease; one-tenth of the nation's Alzheimer's patients reside in this state.
- By 2030, this number will nearly double in California; growing to over 1.1 million.
- Due to a rapidly aging population, the number of California's Latinos and Asians living with Alzheimer's disease will triple by 2030.
- The number of African-Americans living with Alzheimer's disease will double in this timeframe.

### Lifetime Risk for Alzheimer's in California

Among California's baby boomers aged 55 and over:

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

### Deaths from Alzheimer's Disease 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 increase (58.3% from 2000–2004)

### Caregiving for People with Alzheimer's Disease in California

There are 1.1 million Californians caring for people living with Alzheimer's disease and other dementias, about 11% of our nation's caregivers. While caregiving has its satisfactions, for many, the burden of care is substantial.

In every case, Alzheimer's disease results in a progressive decline in one's ability to care for oneself, ultimately leaving the individual dependent on others for help with basic activities of living. As a result, caring for a person with Alzheimer's is often very difficult and poses physical, emotional, and economic challenges. This is particularly true because, contrary to common belief, most care is delivered at home by families.

Traditionally, most caregivers have been the wives or adult daughters of the individual with dementia. With more women participating in the workforce, there has been a decrease in the number of women available to fill these caregiving roles. In addition, family members are increasingly likely to live far apart from one another. These changes have significant implications for families, businesses and society at large. Who will care for our aged?

- Caregiving negatively impacts the individual's ability to work outside the home. Disproportionately high percentages of these caregivers report being forced to miss work (21%), reduce their work hours (8%), quit their jobs (11%) or change jobs due to caregiving demands (4%).
- California caregivers provide 952 million hours of unpaid care per year with an economic value of slightly more than \$10 billion dollars.
- Families provide almost three-quarters of the value of informal (unpaid) and formal care for individuals living with Alzheimer's disease in the community and in facilities - \$72.7 billion out of an estimated total cost of \$104 billion.
- Informal care services, those typically provided for by family members, will double between now and 2030—increasing in value from \$37.2 billion to \$72.7 billion in unpaid care.



Compared to other family caregivers, those who care for people with severe memory problems are more likely to: experience financial hardship, report health difficulties, experience emotional stress (depression or anxiety), and suffer from sleep disturbance.

## Cost of Caregiving in California

While the burden of care falls primarily on families, the rapid growth in the prevalence of Alzheimer's will also impact California's healthcare costs, causing them to rise significantly. In particular, Alzheimer's disease and other dementias are a major contributor to Medi-Cal costs.

- The cost to the Medi-Cal program for an individual with Alzheimer's disease or a related dementia is 2.5 times greater than the cost for an individual not having a diagnosis of dementia.
- Most of the Medi-Cal cost difference is accounted for by nursing home expenditures, which are almost three times greater for individuals with Alzheimer's disease or other dementias compared to other patients.
- Long-term care costs in California are increasing more rapidly than in the rest of the nation, 44 % from 2004 to 2008, as compared to a nationwide cost increase of 17%.
- Other formal care services, including traditional medical and social services, are expected to double in cost between now and 2030 – increasing from \$16 billion to \$31.3 billion.

California businesses will also be significantly impacted by the growth in the number of individuals living with Alzheimer's disease. Among employed caregivers, 71% work full-time and 29% are part-time employees. Because many caregivers miss work, reduce their work hours, or change jobs, California's employers experience an estimated \$1.4 billion in lost productivity annually from full-time employed caregivers alone.