

- a. Aging Population
  - i. 1 in five persons in 2050 will be aged 65 or older.
  - ii. Among people over 85 (the fastest-growing segment of the American population), dementia afflicts one in two. It is estimated that 13.5 million Americans will be stricken with Alzheimer's by 2050 — up from five million today.
- b. Latino population growing astronomically
  - i. life expectancy among Latinos will increase to 87 by 2050, surpassing all other ethnic groups in the United States
  - ii. the fastest growing population in the country and the group that will have the greatest life expectancy of all ethnic groups, Latinos will experience a dramatic rise in their risk of Alzheimer's disease,"
  - iii. % of Latinos 85 yrs and older will triple by 2050
  - iv. the number of Latino elders suffering from Alzheimer's and related dementias could increase more than **six-fold**, to as many as 1.3 million by 2050
- c. Heterogeneity of Latino population in U.S. (must take into account in designing research, services, & policy)
  - i. As defined by the U.S. census, may be of any race and from more than 25 subgroups by country of origin.
    - 1. Large proportion (particularly elderly) were born outside of U.S. and may not be comfortable in English or acculturated to U.S. systems
    - 2. Differences in generational experience (acculturation), native vs English language,
- d. Latinos face high risk of developing Alzheimer's Disease and other dementias
  - i. Age (prevalence doubles every 5 years after 65)
  - ii. Education (appears to have some protective effect). Latinos have the lowest education levels of any group in the U.S. 1/10 Latino elders have no formal education. Over half have 8 yrs of schooling or less.
  - iii. High incidences of vascular disease risk factors (which may also be risk factors for AA and stroke-related dementia) i.e., diabetes (64% higher than non-Latino white Americans), hypertension
  - iv. Low users of formal services. Less likely to see a physician & less likely to receive services to help monitor and control conditions such as diabetes, hypertension, heart disease
  - v. One study found that 40% of foreign born elderly Latinos had undiagnosed cognitive symptoms for 3 yrs or more
- e. Most frequently perceived barriers to health care and particularly to early diagnosis and tx (make early diagnosis and tx difficult)

- i. Personal beliefs
- ii. Language proficiency
  - 1. Large # of elders (especially old-old who are most at risk for AD are 1<sup>st</sup> generation immigrants who aren't necessarily comfortable in English or trusting of a health care system)
  - 2. Lack of bilingual professionals in the field
- iii. Economic status
  - 1. Older latinos have far less health insurance than non-latino contemporaries. More than ¼ aged 50-64 who have a chronic condition are uninsured.
- iv. Cultural biases in cognitive testing and inadequate translation of diagnostic tools may skew diagnosis of dementia in Latinos.
  - 1. Testing and diagnosis of monolingual Spanish speakers is esp challenging
  - 2. Even the culturally sensitive tools that have been developed haven't been standardized or normed across subgroups of Latinos or used widely outside of academic or specialized research settings
- f. Caregiver burden and [the physical, psychological, emotional, social, and financial] stress of caregiving for someone who is severely impaired for years is associated with negative physical and mental health outcomes
  - i. Hypertension, heart problems, sleep problems, poorer self-reported health and immune functioning, and higher morbidity and mortality rates.
  - ii. Depression, anxiety, anger
- g. Latino caregivers (little is known)
  - i. Use fewer formal support services
  - ii. Less likely to report role strain
  - iii. More likely to have added burden of managing own chronic illnesses
  - iv. Provide more hours of care & care at higher levels of impairment.

Hispanics/Latinos are less likely to be living in long term care facilities and more likely to be living with relatives than any group other than Asian-Americans.<sup>27</sup> Those who do live in nursing homes have more cognitive and functional impairments than non-Hispanic whites and are more likely to have been living with someone before admission.

Studies of use of community-based services report similar findings: for example, older Hispanic enrollees in formal service programs in the communities exhibited higher rates of functional impairment even though they were on average six years younger than their non-Hispanic white counterparts

- v. Tend to be younger, less educated, have lower incomes, and more likely to be unemployed

- vi. Often face language barriers, cultural barriers, and discrimination when they do seek care, resulting in reduced help seeking efforts and increased strain
- vii. Summary: in high stress situations and unlikely to use formal services
- h. Evercare study
  - i. Hispanic caregivers in more intense caregiving situations
    - 1. 63% in high burden situations compared to 51% Caucasian non-hispanic counterparts
  - ii. Spend more hours a week giving care
    - 1. 37 hours vs 31
  - iii. Provide help for a greater number of ADLs
    - 1. 2.6 vs 1.9
  - iv. Live with their loved one
    - 1. 43% vs 32%
  - v. Reported that information and materials in Spanish is important (regardless of English fluency)
    - 1. 74%
  - vi. Reported that services delivered in Spanish are important
  - vii. More likely to rate their caregiving situation as not at all stressful
    - 1. 34% vs 22%
    - 2. 50% said they had little or no stress
    - 3. More likely to feel fulfilled in their caregiving role (88% vs 76%) and more likely to say they are satisfied with their social life outside of caregiving (49% vs 37%)
  - viii. Cautions: sampling issues
    - 1. Alzheimers/mental confusion only cited by 6% as primary reason why persons needed care
    - 2. Didn't assess functioning of persons with memory impairments

References:

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