



You can make a difference. Donate! PayPal

NOW

Your Update from AgeOptions

January 2021

Research by AgeOptions Partner LAMDA Finds Memory Loss in Latino Family Caregivers As Well As Care Recipients

The Latino Alzheimer's and Memory Disorders Alliance (LAMDA), which supports Latinos with cognitive diseases such as Alzheimer's and dementia, has been surveying Latino family caregivers about their loved ones.

In the process, the AgeOptions partner agency unearthed some stunning findings: family caregivers were showing signs of memory problems in alarming numbers.

LAMDA, its work in the community and its research are featured in a detailed story in the Rochester (NY) Democrat and Chronicle. The story is part of a collaborative series by 10 media outlets sponsored by the Solutions Journalism Network. The network aims to publish solutions-oriented reporting on possible ways to improving caregiving in Western New York communities of color. [Click here to read the story, titled How a Program to Support Latino Caregivers May Have Discovered a New Wave of Patients.](#)

LAMDA has been a Caring Together, Living Better partner of AgeOptions for several years, and hosts a Memory Café for people with memory loss and their caregivers. As reported in the newspaper story, it was founded in 2008 to support family caregivers as well as those they care for. With a grant from the federal Administration for Community Living, LAMDA trained 60 health promoters who reach into the Latino community to administer memory exams, educate families on memory-related issues and connect people to diagnoses, treatment and support.

Memory-health surveys, which can uncover who might need treatment or other kinds of support, are the backbone of the program, and are the source of the surprising findings. In households with a family caregiver, both caregiver and care recipient filled out the memory surveys. Researchers tabulating results at first thought a mistake had been made, but the data showed that family caregivers were showing signs of memory loss in alarming numbers. The discovery will be significant in identifying the next part of the Latino community that will need support and treatment.

That, the article points out, is no small thing. It cites a University of Southern California study predicting the number of Latinos with Alzheimer's Disease will increase more than 800 percent by 2060, far beyond predicted increases in the general public.

In addition to its educational, social and support programs in the community, LAMDA is sharing its experience and expertise. It has begun sending health promoters to Los Angeles and New York to educate people on memory loss and train new health promoters. The Administration for Community Living has nominated LAMDA for expansion with the goal of replicating the health promoter program in other parts of the country.