In California, 11.7 percent – one in nine – of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse (“subjective cognitive decline”).

Nearly 60 percent of them have not talked to a health care professional about it.

For those with worsening memory problems, 41.5 percent say it has created “functional difficulties” – that is, caused them to give up day-to-day activities and/or interfered with work or social activities.

### Percent of Those Aged 45+ with Subjective Cognitive Decline

<table>
<thead>
<tr>
<th></th>
<th>All</th>
<th>Gender</th>
<th>Age</th>
<th>Educational Attainment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>11.7%</td>
<td>Men</td>
<td>Women</td>
<td>45-59</td>
</tr>
<tr>
<td></td>
<td>11.3%</td>
<td>12.1%</td>
<td>11.3%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

### Percent with memory problems who have not talked to a health care provider

- 58.4%

### Percent with memory problems who say it created difficulties and burden

- 31.2% Interfered with Work/Social Activities
- 32.5% Gave Up Day-to-Day Activities
- 33.3% Needed Assistance with Day-to-Day Activities

### Percent with memory problems who live alone

- 27.1%

### Percent with memory problems who have at least one other chronic condition*

- 70.5%

*Defined as arthritis, asthma, COPD, cancer, cardiovascular disease, and diabetes

This Fact Sheet is supported by Cooperative Agreement NU58DP006115 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer’s Association and do not necessarily represent the official views of the CDC.
In California, among those who provide unpaid care to family and friends living with Alzheimer’s and other dementias, **more than 60 percent** provide 20 or more hours of care per week.

More than 40 percent of Alzheimer’s and dementia caregivers have been providing care for at least two years.

Those with Alzheimer’s and other dementias **who receive care** from family and friends are predominately female and among the oldest old. Nearly half of them are the parent or parent-in-law of the caregivers.

This data sheet is supported by Cooperative Agreement #NU58DP0016115 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer’s Association and do not necessarily represent the official views of the CDC.