

Alzheimer's | ORANGE COUNTY

2026 PROGRESS REPORT

HOW WE'RE ADVANCING BRAIN HEALTH, CARE AND DELIVERING ON HOPE.



www.alzoc.org | Helpline 844-373-4400



HIGHLIGHTS FROM THE YEAR



CAREGIVER RETREAT

Our Caregiver Retreat gave local caregivers a chance to step back, breathe, and focus on their own well-being. The day was filled with insightful talks, a guided nature walk, and meaningful moments of rest and connection. It was a reminder that **caring for the caregiver** is just as important as caring for their loved one.



LEADING THE WAY IN BRAIN HEALTH

AlzOC's inaugural brain health conference drew **300 attendees** and featured a collection of expert speakers who presented on varied topics including the power of neuroplasticity, understanding what you can and can't change about dementia risk, and other vital topics. Attendees gained a deeper understanding of how to nurture their brain health and key factors that may help reduce the risk of cognitive decline later in life. Here are some insights from some of the presenters.



BRAIN HEALTH INSIGHT | Lauren Weiss, Alzheimer's Orange County

On setting health goals

*"The problem is a lot of the times our goals are so big and broad. 'I want to be healthier.' 'I want to lose weight,' but there's no concrete, 'How do I get that going?' So what we want to do is we want to take our big goal and turn it into a **SMART** goal. A SMART goal is specific, measurable, attainable, realistic, and time-bound making it easier to manage and stick to."*



BRAIN HEALTH INSIGHT | Dr. Joshua Grill, UCI MIND

On the power of sleep

*"It is now clear that when we sleep, we **cleanse our brain**. In fact, one of the things we clean from our brain while we sleep is the **beta-amyloid** protein, the buildup of which forms the plaques seen in the brain of a person with Alzheimer's."*



BRAIN HEALTH INSIGHT | Dr. Michael Yassa, UCI

On what actually changes in a normal, healthy aging brain

*"As we get older, we're not losing brain cells and neurons, but **they are changing**. What's changing is their capacity to make connections with one another."*



6,998 PEOPLE ATTENDED AN
EDUCATIONAL CLASS

“Our classes open avenues people didn't know existed. One attendee was carrying the stress of caregiving alone and had no idea we could help until it came up in class. She came for brain health and found so much more.”

— *Lauren Weiss, Educational Services Manager*



2,084 HELPLINE CALLS



1,303 PEOPLE PARTICIPATED IN OUR
SUPPORT GROUPS

“Connecting with other caregivers going through similar experiences allows participants to feel supported. They are not alone in navigating challenges that they may be facing.”

— *Claire Popka, Program Services Manager*



AT LEAST
1,741 INDIVIDUALS TURNED TO AlzOC
FOR MORE THAN ONE SERVICE



Visit our website to download a digital copy of this report and view more information and testimonials.

www.alzoc.org/2026-mid

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**BACK
TO THE 80'S**

Saturday, November 14
VEA Newport Beach

Alzheimer's Orange County is turning up the volume with a **Back to the 80s** themed gala. Dust off your shoulder pads, put on your leg warmers and save the date.

Join us for a night of iconic music, and unforgettable memories. Every dollar raised stays in Orange County.



www.alzoc.org/gala



CARING FOR CAREGIVERS

Behind every person living with Alzheimer's and related dementias are the compassionate caregivers carrying a weight no one should carry alone. **Alzheimer's Orange County** is here to walk alongside them.

Over 11 million

U.S. adults provide unpaid care for someone with a form of dementia.*

164K+

OC residents are estimated to have dementia or mild cognitive impairment.

WHAT THE NUMBERS SAY

22.5%

of dementia caregivers said they provide 24/7 care (according to a 2022 survey)*

43%

of caregivers noted becoming more socially isolated from their friends and family*

40%

report caregiver stress that interferes with their ability to care for themselves and their loved one*

HOW OUR PROGRAMS ARE HELPING

RESPIRE CARE

Healthy Aging Center: Acacia

Our adult day health center gives families relief from care and a safe, enriching place for their loved one.

SOCIAL ENGAGEMENT

Connect2Culture

Caregivers enjoy activities alongside their loved ones and others like them.

EMOTIONAL SUPPORT

Support Groups

Safe spaces to share experiences, find solutions, and build a community of like-minded individuals.

*Sources:

"Caregivers of a Person with Alzheimer's Disease or a Related Dementia." Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 3 Sept. 2024, www.cdc.gov/caregiving/about/index.html.

"Vu, Megan et al. "Impact of Alzheimer's Disease on Caregivers in the United States." Health psychology research vol. 10,3 37454. 20 Aug. 2022, doi:10.52965/001c.37454

Ritchie, Christine, et al. "Supporting Our Caregivers in ADRD Learning (SOCIAL): Reducing Stress for Caregivers of Persons with Dementia, an Open Pilot Study." ClinicalTrials.gov, NCT05847153, Mass General Brigham Institutional Review Board, 2 Aug. 2023, cdn.clinicaltrials.gov/large-docs/53/NCT05847153/Prot_SAP_000.pdf.