



Governor's Advisory Council on Aging

Alzheimer's Subcommittee

Chair: Terri Spitz / **Executive Director:** Latrisha Centers

Members: Teresa Manygoats, Michael Provost, Tory Roberg, and
Brendon Blake

ADHS Support: Keisha Jenkins

[ARS 46-184- Advisory Council Duties](#)

D. The subcommittee on Alzheimer's disease and related disorders appointed pursuant to section 46-183 shall collect new data from long-term care providers, families and victims of Alzheimer's disease and related disorders and prepare new or revised recommendations based on this information.

Category	Data Source	Population Level	Data Purpose	Description
Long-term health care providers	Hospital Discharge Data (HDD)	Patient	Describe patterns of care, public health, and the burden of chronic disease and injury morbidity	inpatient and emergency department visits from all Arizona licensed hospitals
	Arizona Health Care Cost Containment System (AHCCCS)	Medicaid patients	Understand the quality of health care received by Medicaid and CHIP beneficiaries.	health insurance program for low-income adults, children, pregnant women, elderly adults and people with disabilities.
	Medicare	Patient	Evaluate the effectiveness of different types of care, compare the effects of medications, and examine how provider practices impact patient outcomes. It can also be used to study the	health insurance program for people who are either 65 or older, or who meet other special criteria.

Timeline to Roll Out Reports

- ❖ Aug 14, 2024 Present proposed data sources and types of data to GACA
- ❖ Nov 13, 2024 Present Baseline Data
- ❖ Feb 12, 2025 Present Midpoint Data Outcomes and Trends
- ❖ May 14, 2025 Present Cumulative Data Outcomes and Trends
- ❖ July 31, 2025 Share recommendations through content outlined in the GACA Annual Report



GOVERNOR'S ADVISORY COUNCIL ON AGING

GACA 2024-2025 Strategic Plan

Overall Goal: Educate the general community on changing the narrative of the overall well-being of older adults and how it impacts their lives in Arizona.

GACA Priority Focus Areas:

1. Caregiver Support and Resources

- Focus on actionable items - classes; education; and implementing actual assistance for older adults.
- Linking statewide resources and QR Codes as appropriate to the GACA website.
 - DES - 211 Website (DES is currently working on updates for this website)
 - DHS - adding possible links for resources already on their radar to include in the State Plan.
 - ACCHHS Community Care Platform (Contexture currently operates this platform as a way to share resources).
- Empowered Caregiver Program
- **DHS - Annual Caregiver Summit - have presentations that include practical needs of older adults in the program.**
 - **Include a GACA breakout session with a panel discussion.**

2. Housing Opportunities

- Focus on actionable items - classes; education; implementing actual assistance for older adults.
- **Coordinate GACA Meeting Presentations on affordable housing with the League of Cities and Towns; utilize Housing Council Reps to share information on housing efforts and strategies that impact older adults, etc.**
- Obtain a report of Legis. Bills passed that impact housing for older adults.
- Obtain information from Statewide Housing Programs.

3. Alzheimer's and Dementia Support and Resources

- **Engage 1st Responders by educating them on how to support older adults with Alz/Dementia - Alzheimer's Association will take the lead on this task.**
- **Collection of data for Alzheimer's and Dementia information for the purposes of recommendations and community support.**

Note: Bolded activities will be the focus of the council for 2024-2025 fiscal year.

Coordinated efforts will be implemented with the objectives below:

❖ **Objectives:**

- Implement coordinated efforts to dispel myths such as using the term seniors instead of older adults, older adults are not active, or older adults have a challenging time related to others. The dispelling of the aforementioned myths can be learned through ongoing education sessions, presentations, and outreach events throughout the year.
- Focus on intervention and impact on each stage of life; look into current model programming in this area, such as Promising Practices; shared stories from those with lived experiences; target communities of color, etc.
- Establish a navigation system of support.
- Coordinate and conduct panel discussions with a wide range of individuals representing the following areas:
 - Multigeneration reps
 - Caregivers
 - Educators
 - Tech Experts
 - Health and Nutrition Experts
 - Finance Experts
 - Health Advocates
 - Impact of ACES
 - Social / Emotional
 - Housing
 - Transportation
 - Divorce /Separation /Blended Families
 - LGBTQ+

HIGHLIGHTS

Blood Biomarkers

A blood test was more than 90% accurate in identifying Alzheimer's in patients with cognitive symptoms at primary care and specialized memory care clinics. Once they are confirmed, blood tests could (a) improve the accuracy of, and access to, diagnosis in primary care and specialist centers, (b) enhance recruitment for Alzheimer's clinical trials and (c) slash wait times for Alzheimer's disease assessment and treatment.

Environmental Factors

Long-term exposure to wildfire smoke greatly raises the risk of dementia. A large, long-term study — including more than 1.2 million people over 10 years — suggests that breathing in wildfire smoke may be particularly dangerous to brain health, raising the risk of being diagnosed with dementia.

Diabetes Drugs & Alzheimer's

GLP-1 drug liraglutide may slow the progression of Alzheimer's. Phase 2b results suggest the drug may slow cognitive decline by as much as 18% in one year, prompting the lead researcher to note that it could protect the brain, much like statins protect the heart.

Alzheimer's Network

ALZ-NET is a voluntary healthcare provider-enrolled network that collects longitudinal data on patients being evaluated or treated for Alzheimer's disease. The registry will help track patients on FDA approved anti-amyloid drugs, like Kisunla and Lecembi. There are currently more than 530 patients registered across 230 sites. Arizona and Nevada are currently in the startup phase of ALZ-NET.

LEADS Study

The Longitudinal Early-Onset Alzheimer's Disease Study has recruited over 600 participants under the age of 65 across 17 U.S. sites, which includes one in Arizona. 5% of all people with Alzheimer's disease develop it before the age of 65, so research in this group is critical. The study is open for enrollment. Among the data collected: MRI, PET imaging, CSF, and blood samples.

SPRINT MIND Study

Results from the SPRINT MIND follow-up explored the long-term effects of intensive versus standard blood pressure control on probable dementia. There is no evidence that intensive blood pressure control harms cognition. SPRINT MIND results are the first to show that what is good for the heart is also good for the brain.



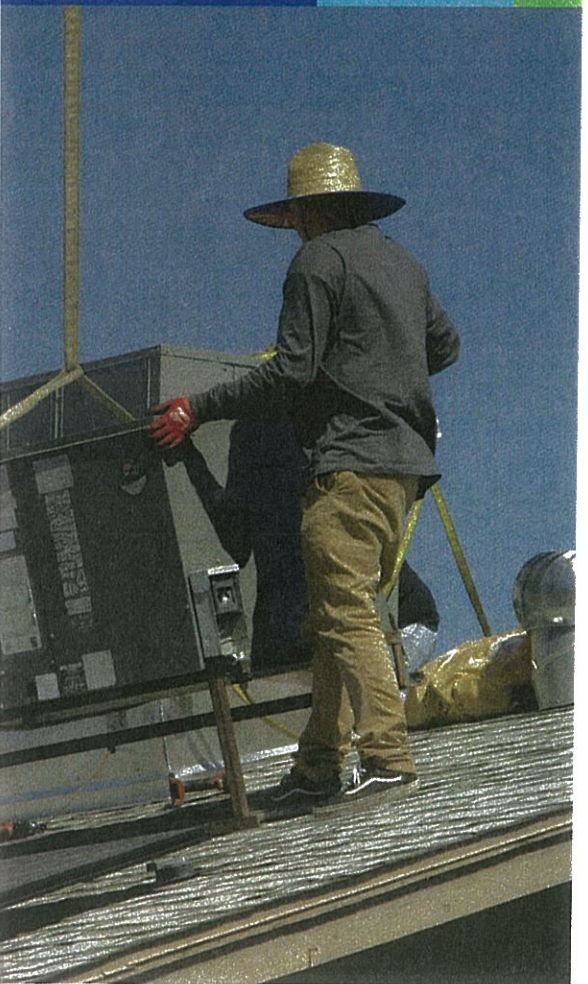
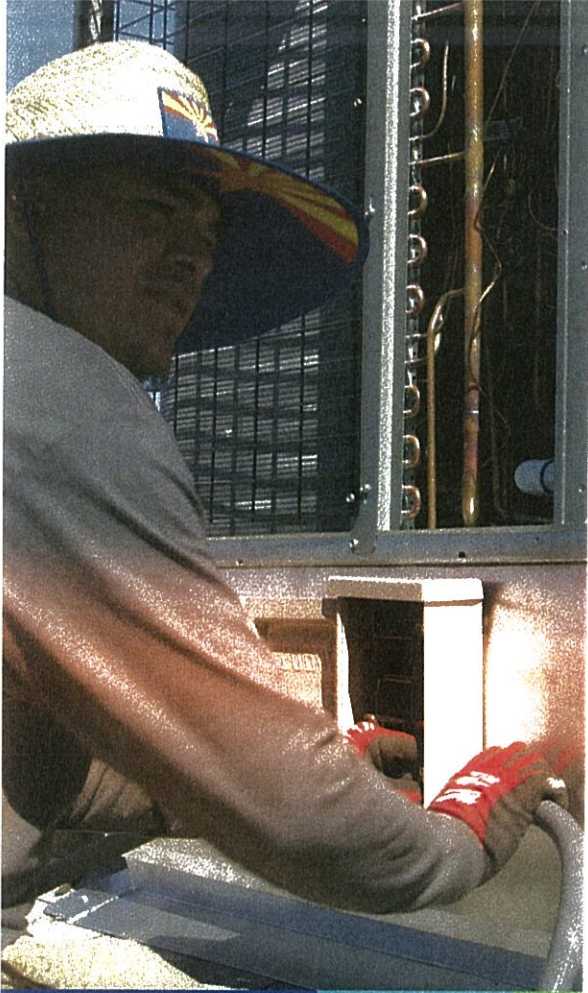
Camila de Avila, Arizona State University
Alzheimer's Association funded researcher



Dr. Jason Platt, University of Nevada Las Vegas
Alzheimer's Association funded researcher



Alma Manza, Arizona State University
Alzheimer's Association volunteer community educator & early career dementia researcher



Maricopa Weatherization Assistance Program

Reduce your energy bills by making energy-efficient home modifications with this FREE program for low-income households!

FSL Home Improvements has partnered with the Arizona Department of Housing to facilitate weatherization services to Maricopa County residents. The program aims to reduce energy usage in homes while ensuring health and safety.

Eligibility Requirements:

- Must live within Maricopa County (excluding Phoenix and Mesa)
- Must own your home (renters may qualify upon review)
- Must meet income qualifications.

Typical Modifications not limited to:

- Repair or replacement of air conditioners, water heaters, and other systems/appliances.
- Installation of insulation
- Install energy-efficient LED light bulbs, co/smoke detectors.
- Shade screens

Current Household Income Limits

# of People in the Home	Weatherization Assistance Program
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400
5	\$73,160
6	\$83,920
7	\$94,680
8	\$105,440

**Mercy Care Members with a chronic condition may be eligible for additional repairs that eliminate health & safety hazards in the home.*

The Member must first qualify for Weatherization in order to potentially receive additional repairs.



Intake Coordinator

 FSL Home Improvements

 480-808-0429

 FSLMCWAP@fsl.org

With thanks to our funders, APS, SRP, Southwest Gas, the Department of Energy and the Low Income Home Energy Assistance Program

**Reasonable accommodations will be made upon a timely request.*

Programa de Asistencia con la Climatización en Maricopa

¡Reduzca el monto de sus facturas de energía implementando modificaciones en el hogar para ahorrar energía con este programa GRATUITO para hogares de bajos ingresos!

FSL Home Improvements se ha asociado con el Departamento de Vivienda de Arizona para facilitar los servicios de climatización a los residentes del condado de Maricopa. El objetivo del programa es reducir el uso de energía en los hogares garantizando al mismo tiempo la salud y la seguridad.

Requisitos de Elegibilidad:

- Vivir en el condado de Maricopa (están excluidos Phoenix y Mesa)
- Ser propietario de la vivienda (los inquilinos pueden reunir los requisitos después de revisar su caso).
- Satisfacer los requisitos de ingresos.

Algunas de las Modificaciones Habituales:

- Reparación o reemplazo de aires acondicionados, calentadores de agua y otros sistemas/aparatos
- Instalación de aislamiento
- Instalación de bombillas LED de bajo consumo y detectores de humo/CO2
- Protectores solares

Límites Actuales de Ingresos del Hogar

Numero de Personas en el Hogar	Programa de Asistencia con la Climatización
1	\$30,120
2	\$40,880
3	\$51,640
4	\$62,400
5	\$73,160
6	\$83,920
7	\$94,680
8	\$105,440

** Los miembros de Mercy Care que tienen afecciones crónicas pueden reunir los requisitos para reparaciones adicionales que eliminan los riesgos para la salud y la seguridad en el hogar.*

El miembro primero debe reunir los requisitos para la climatización a fin de potencialmente recibir reparaciones adicionales.



Coordinador de Asistencia

FSL Home Improvements

480-808-0429

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Agradecemos a nuestros fundadores, APS, SRP, Southwest Gas, el Departamento de Energía y el Programa de Asistencia con el Pago de la Energía para Hogares de Bajos Ingresos.

*Se harán adaptaciones razonables si se solicitan a tiempo.

