

Find information and resources that help guide your efforts in promoting brain health and supporting people living with Alzheimer’s disease and related dementias, their caregivers, and families in Los Angeles County.

News and Updates

- **New Resources!** The BOLD Public Center of Excellence on Early Detection of Dementia has launched two new guides for community-based organizations and health departments interested in promoting early detection of dementia. These two guides offer sector-specific resources and case examples to advance efforts in improving early detection of cognitive decline and dementia. [Download the guides here.](#)
- **New Resources!** The National Association of Chronic Disease Directors has released new downloadable risk reduction rack cards and infographics focused on brain health, smoking, depression, social connectedness, and vision loss. These materials complement their expanding collection of public-facing materials for partner dissemination. [Access the infographics here](#) and [download the rack cards here.](#)
- **In Case You Missed It!** During the 2025 National Dementia Care Collaborative Virtual Autumn Summit, experts from the Center for Medicare and Medicaid Innovation shared lessons learned from the first year of GUIDE implementation. [Watch the recording here.](#)

Funding Opportunities

VIRTUAL COACH: HEALTHMATTERS PROGRAM

Deadline: January 9, 2026

This 12-week health promotion program is designed for community-based service providers, frontline staff, and caregivers to support healthy options and choices for people with intellectual and developmental disabilities.

HILARITY FOR CHARITY: DEMENTIA CAREGIVER RESPITE PROGRAM

Deadline: Rolling Basis

Hilarity for Charity is offering respite grants to those providing care to loved ones living with Alzheimer’s disease or other dementias. These grants cover the cost of in-home or adult day center care and have no cash value.

Trainings and Webinars

- Feb 3-4

9 AM PST
- Men’s Brain Health:** Fifth Black Men’s Brain Health Hybrid Conference. [Register Now.](#)
- Feb 5

10 AM - 1 PM PST
- The Alzheimer’s Disease and Related Conditions Advisory Committee.** Quarterly Meeting. [Join on Zoom.](#)
- Mar 20

8:30 AM PST
- UCLA David Geffen School of Medicine:** Brain Health 2026 Conference. [Register Now.](#)



Community Events

Get involved! Promote these events to your network.

- Dec 18

5 PM PST
- Alzheimer’s LA.** Brain & Heart Health for African Americans. [Register Now.](#)
- Dec 18

6 PM PST
- Alzheimer’s Association.** Healthy Living for Your Brain and Body (Spanish). [Register Now.](#)
- Dec 19

10 AM PST
- Alzheimer’s LA.** Communication & Dementia: Maintaining Meaningful Interactions with a Person Living with Dementia. [Register Now.](#)
- Jan 8-22

2- 4 PM PST
- Alzheimer’s LA.** Savvy Caregiver Express Program. Virtual. [Register Now.](#)
- Jan 8- Feb 12

1- 3 PM PST
- Alzheimer’s LA.** Savvy Caregiver 6-week Program. Virtual. [Register Now.](#)



In the Spotlight – Become Age-Friendly with Dementia Care Aware

Dementia Care Aware is partnering up with the Institute for Healthcare Improvement (IHI) this upcoming March 2026 as an Action Community Facilitator to support health systems in becoming Age-Friendly accredited.

Dementia Care Aware is inviting health systems to enroll and receive:

- Guided, step-by-step support throughout the accreditation process
- Coaching on dementia care clinical best practices

Who can join?

- Hospital settings
- Nursing homes
- Ambulatory practices
- Home health and convenient care clinics

[Learn more about the IHI Age-Friendly Health Systems Movement.](#)

Interested? Contact Dementia Care at dca@ucsf.edu

Send success stories, achievements, or highlight ongoing initiatives to (healthybrainla@ph.lacounty.gov) to be featured in a spotlight.

As an Action Community Participant, you will:

- Be part of a free, seven-month virtual program where you'll learn to test and adopt the 4Ms framework.
- Join monthly webinars and implement meaningful changes that improve care for older adults.



[Learn more about the March 2026 IHI Age-Friendly Health Systems Community.](#)

Featured Resources



TOOLKIT

[The USC Family Caregiver Support Center - Conversations that Matter Toolkit: Talking to Family Caregivers for Healthcare Teams.](#)



LEARNING MODULE

[University of California San Francisco’s \(UCSF\) - Caregivers as Partners in Care Teams offers a self-paced training to help healthcare teams identify, engage, and support caregivers. Free CE/CME credits.](#)



TOOLKIT

[Dementia Care Aware - Cognitive Health Assessment Implementation Guide is a practical step-by-guide to Cognitive Health Assessment implementation.](#)



COMMUNITY RESOURCE

[Best Programs for Caregiving is a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.](#)



LEARNING MODULE

[Dementia Care Aware’s self-paced cognitive health assessment training and dementia mini-course. Free CE and CME/MOC credits.](#)



TOOLKIT

[BOLD Center for Early Detection - Early Detection of Dementia Toolkit - Health Systems.](#)



Got News?

Send resources and news about upcoming events or initiatives that you would like to promote in our monthly newsletter to healthybrainla@ph.lacounty.gov.



@ChooseHealthLA #HealthyBrainLA



www.publichealth.lacounty.gov/healthybrainla



HB LA
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