

# Alzheimer's is a Public Health Crisis Devastating **Minnesota**

Medicaid costs of  
caring for people with  
Alzheimer's in 2020



**\$905 million**

Medicaid costs are  
expected to increase

**20.1%**

by 2025.



In 2020,

**102,000**  
**Minnesotans**

were living with Alzheimer's.

**10.7%** of  
**Minnesotans**



over 65 were living with Alzheimer's.

In 2023 **164,000**  
family caregivers provided

**225 million**  
hours of unpaid care valued at



**\$5.3 billion**

**29.8%**



of dementia caregivers living in  
**Minnesota**  
report experiencing depression.

And

**8.4%**

report frequent poor physical health.

Robert Freeman, VP Public Policy

[rafreeman@alz.org](mailto:rafreeman@alz.org)

612.710.9943 | [alzimpact.org/Minnesota](http://alzimpact.org/Minnesota)

[alz.org](http://alz.org) | 800.272.3900



# What **Minnesota** Officials Can Do to Address the Crisis



## **Support unpaid caregivers - HF1678 (Virnig) / SF1925 (Maye Quade)**

There are nearly 164,000 dementia caregivers in Minnesota providing \$5.3 billion in unpaid care every year. These unpaid caregivers allow individuals with Alzheimer's and dementia to remain in their home, which also reduces the cost of providing care to the state of Minnesota. That's why the Alzheimer's Association supports making respite care services more affordable and available for caregivers through \$4 million in targeted grant funding to providers and expanding the Essential Community Supports program to help with caregiving costs.

## **Caregiver burnout**

Unpaid and informal caregivers are the invisible backbone of Minnesota's long-term care system. Despite these life-changing contributions, there are very few public supports for caregivers until they have a medical or financial crisis and become eligible for Medical Assistance. This lack of support places tremendous strain on caregivers, leading to higher rates of depression and other chronic conditions. Caregiver burnout is also the leading cause of placing a loved one in an intensive and expensive setting like a nursing home.

## **Respite care makes a difference**

Alzheimer's Association advocates and community partners consistently identify the lack of affordable and accessible respite for dementia caregivers as a top priority. A quick break with respite care allows caregivers to recharge their batteries and complete chores like going to the doctor, buying groceries, finding the time for self-care, or connecting with a friend. Expanding access to respite care and supporting caregivers will help seniors remain at home with their friends and loved ones.

## **Uneven progress**

Minnesota appropriated one-time grant funding for providers to expand access to respite care for older adults in the 2021 and 2023 state budgets, but the state has not made a long-term commitment to this essential service. The Alzheimer's Association urges policymakers to invest \$4 million in base funding for respite care grants and to expand the Essential Community Supports program to help pay for caregiving expenses so that more people can have the support they need to continue caring for a loved one in their home.