

## Willoughby, Adam@CDA

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**From:** Ann Cony <anncony123@gmail.com>  
**Sent:** Friday, December 6, 2019 12:54 PM  
**To:** EngAGE@CDA  
**Subject:** comments on the Master Plan for Aging

Thank you for the opportunity to submit comments on California's Master Plan for Aging. My concerns revolve around Alzheimer's Disease, as my father had this scourge for more than 12 years.

My mother knew something was wrong for years before my father was diagnosed, and those years preceding his diagnosis were stressful and frightening for both of them. A Pulitzer Prize-winning journalist, my father was in his early 60s and still working; he was exhibiting symptoms of dementia, but only sporadically. His doctor brushed off my mother's concerns. When my father was finally diagnosed, it was devastating and heartbreaking, yes. But it was also a relief to know what was causing his erratic behavior and memory lapses. The diagnosis helped him decide to retire and gave my parents a chance to put their finances in order and make important decisions while he was still in the early stages of dementia.

My father's experience occurred in the mid-1980s. Sadly, not much has changed since then.

It should not take years to get a diagnosis! This is more important than ever as California's population ages.

We now know that the pathology of Alzheimer's begins in the brain many, many years before a person exhibits symptoms. And the best hope for development of effective treatments is in the earliest stages of the disease. The Master Plan for Aging must recognize that we need more public resources to create opportunities for early detection and timely diagnosis of Alzheimer's and other dementias.

Respectfully,

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