

HARMONY STREET KIDS · DATA REFERENCE

Alzheimer's and Dementia by the Numbers

A sourced reference on the elders, families, caregivers and children living with Alzheimer's disease and other dementias, nationally, globally and in New Mexico, Texas, Georgia and Ohio.

Use this summary when you need the scale of the disease at your fingertips: in grant narratives, sponsor conversations, partner outreach, presentations and the Harmony Street Kids website. Every figure is linked to its source on the final page.

Sometimes Grandma... Forgets My Name · Luckie Daniels and Justis Daniels-Bezout
Figures current as of October 2026

AT A GLANCE

The scale of Alzheimer's and dementia today

7.4 million
Americans age 65 and older living with Alzheimer's dementia in 2026, about 1 in 9 people that age.[1]

57 million
People living with dementia worldwide, with nearly 10 million new cases every year.[2]

12.7 million
Americans providing unpaid care to someone living with Alzheimer's or another dementia.[1]

19.6 billion
Hours of unpaid dementia care given by families and friends in 2025, valued at $446.3 billion.[1]

$409 billion
Projected 2026 U.S. health and long-term care costs for people living with dementia, before counting unpaid care.[1]

116,022
U.S. deaths officially attributed to Alzheimer's in 2024, the nation's sixth-leading cause of death.[1]

2x and 1.5x
How much more likely older Black and older Hispanic Americans are than older White Americans to have Alzheimer's or another dementia.[1]

1 in 4
Dementia caregivers who are "sandwich generation," caring for a parent and at least one child.[1]

5.4 million
Young people in the U.S. who serve as caregivers, a figure researchers believe is an undercount.[4, 11]

1. An aging nation, and a growing disease

The number of Americans living with Alzheimer's is rising mainly because Americans are living longer. In 2024, the United States had **61.2 million people age 65 and older**, up 13% since 2020, while the population under 18 fell 1.7% to 73.1 million.[3] Older adults now outnumber children in **11 states** and in **1,411 of 3,144 U.S. counties**, nearly half.[3] Every baby boomer will be 65 or older by 2030.[1]

Risk climbs steeply with age. Alzheimer's dementia affects **5.2%** of people 65 to 74, **13.8%** of people 75 to 84 and **35.8%** of people 85 and older.[1] Without medical breakthroughs, the number of Americans 65 and older living with Alzheimer's is projected to reach **13.8 million by 2060**, and health and long-term care costs are projected to approach **$1 trillion by 2050**.[1]

> **Around the world.** 57 million people were living with dementia in 2021, and more than 60% of them live in low- and middle-income countries. Dementia is the seventh-leading cause of death globally, cost economies an estimated US$1.3 trillion in 2019, and women provide 70% of the care hours.[2]

2. Elders living with the disease

- **Who they are.** 74% of Americans living with Alzheimer's are 75 or older, and almost two-thirds are women.[1] About 200,000 Americans under 65 live with younger-onset dementia.[1]
- **How long the journey lasts.** People 65 and older live an average of four to eight years after diagnosis, and some live as long as 20 years.[1] For families, that is often a decade or more of changing roles.

- **Mortality.** Alzheimer's was the sixth-leading cause of death in the U.S. and the fifth-leading cause among people 65 and older in 2024.[1] One in three older Americans dies with Alzheimer's or another dementia, and officially recorded Alzheimer's deaths rose 134.1% between 2000 and 2024.[1]
- **Unequal impact.** Older Black Americans are about twice as likely, and older Hispanic Americans about 1.5 times as likely, as older White Americans to have Alzheimer's or another dementia.[1] Close to half of Black and Hispanic Americans living with dementia live with their adult children (47.1%), compared with less than a quarter of White Americans living with dementia (24.6%), which means more children growing up alongside the disease at home.[1]
- **Cost to families.** The lifetime cost of care for one person living with dementia is estimated at $405,262 in 2024 dollars, and families carry 70% of it.[1]

3. Families and caregivers

Most dementia care happens at home, given by people who love the person and are not paid to do it. 83% of the help older adults receive comes from unpaid sources, and nearly half of all caregivers of older adults are helping someone living with dementia.[1]

2 in 3
Dementia caregivers who are women; more than a third are daughters.[1]

66%
Live with the person they care for.[1]

59%
Report high or very high emotional stress.[1]

41%
Have a household income of $50,000 or less.[1]

- About 30% of dementia caregivers are 65 or older themselves.[1]
- More than half (53%) of women caregivers with children under 18 said caring for someone living with dementia was more challenging than caring for their children.[1]
- **The wider caregiving picture.** 63 million Americans, nearly 1 in 4 adults, are family caregivers, up 20 million since 2015. Nearly 1 in 3 are also raising children under 18, rising to 47% of caregivers under 50, 43% of Latino caregivers and 36% of Black caregivers. Nearly half have faced a major financial impact, and caregivers spend about $7,200 a year out of pocket.[5]

> **The full cost of dementia.** A 2026 USC Schaeffer Center study funded by the National Institute on Aging puts the total annual cost of dementia in the U.S. at **$818 billion** once lost quality of life and lost earnings are counted. Only about a quarter of that flows through the health system; the rest falls on people living with dementia and their families.[6] This study uses a different method from the Alzheimer's Association report, so its figures should be cited separately rather than combined.

4. Children and youth: the missing chapter

Children are present in millions of homes touched by dementia, yet they are the least counted and least studied members of the family.

- **Young caregivers.** More than 5.4 million young people in the U.S. are caregivers.[4] University of Miami researchers describe that figure as "almost certainly an undercount."[11]

- **Grandparents and dementia.** In the only national survey of caregivers ages 8 to 18, 38% cared for a grandparent, 72% cared for a parent or grandparent, and Alzheimer's or dementia was the most common condition among the people they helped (18%).[7]
- **The emotional toll.** Caregivers ages 8 to 11 were more likely than their peers to feel that no one loves them (36% vs. 20%) and to feel worthless or inferior (35% vs. 18%).[7]
- **Children in the household.** Beyond young caregivers, about a quarter of dementia caregivers are also raising a child,[1] and nearly 1 in 3 family caregivers overall are raising children under 18.[5]
- **A research gap.** A 2023 scoping review of how dementia caregiving affects adolescents found just eight articles representing five studies, and its authors called the limited research a serious gap.[8]
- **Children's mental health baseline.** 11% of U.S. children ages 3 to 17 have a current anxiety diagnosis and 4% have a current depression diagnosis.[9]

> **What exists for young children today.** The Alzheimer's Association lists seven picture and chapter books for ages 4 to 12 and a four-part video set narrated by kids.[10] In our review of these resources and the children's media landscape, we did not find an ongoing animated series made for young children about a family member living with dementia.

5. State snapshots: New Mexico, Texas, Georgia and Ohio

These four states are Harmony Street Kids' focus regions for partnerships and outreach. All figures come from the Alzheimer's Association 2026 Facts and Figures state tables.[1]

State	People 65+ with Alzheimer's (2020)	Dementia caregivers (2025)	Hours of unpaid care (2025)	Value of unpaid care (2025)	Alzheimer's deaths (2024)	Death rate per 100,000	Caregivers reporting depression
New Mexico	46,000 (11.8%)	68,000	119 million	$2.4 billion	642	30.1	31.3%
Texas	459,300 (11.9%)	1,287,000	1.9 billion	$35.6 billion	9,887	31.6	39.6%
Georgia	188,300 (12.0%)	391,000	789 million	$14.3 billion	4,200	37.6	33.2%
Ohio	236,200 (11.3%)	490,000	705 million	$15.5 billion	4,966	41.8	36.4%
United States	**7.4 million (11%) in 2026**	**12,734,000**	**19.6 billion**	**$446.3 billion**	**116,022**	**34.1**	***n/a***

State prevalence is the report's 2020 state estimate; the U.S. row shows the 2026 national estimate. Caregiver depression reflects 2016 to 2024 survey data. The report does not publish a national depression figure in this table.

What stands out

- **Texas** has the most dementia caregivers of the four states, nearly 1.3 million, and the highest share reporting depression (39.6%).
- **Ohio** has the highest Alzheimer's death rate of the four (41.8 per 100,000), well above the national rate of 34.1.
- **Georgia** has the highest prevalence of the four, 12.0% of people 65 and older.
- **New Mexico** families provided 119 million hours of unpaid care in 2025, worth $2.4 billion.

Combined across the four states

- About **930,000** people 65 and older living with Alzheimer's (2020 estimate).
- About **2.2 million** unpaid dementia caregivers.
- **3.5 billion** hours of unpaid care, worth about **$67.8 billion**, in 2025.
- **19,695** Alzheimer's deaths in 2024.

6. What these numbers mean for Harmony Street Kids

- **This is a family disease.** Two-thirds of dementia caregivers live with the person they care for, and a quarter are also raising children. Dementia is lived at kitchen tables, on porches and in shared bedrooms, with children watching and wondering.
- **Children are the least served.** Millions of children live with the disease at home, yet research on their experience is thin and the resources made for them are few, mostly books and one-time videos.
- **The communities most affected are underserved.** Black and Hispanic elders face the highest risk and are more likely to live in multigenerational homes. Harmony Street's families, led by a Black family and including a bilingual Latina child and a Deaf child who signs, reflect the families who need these stories most.
- **The need is local as well as national.** In New Mexico, Texas, Georgia and Ohio alone, more than 2 million people are caring for someone living with dementia.

Sources

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Combined state totals in Section 5 are calculated from the state rows shown. All figures were checked against their sources in October 2026. Annual reports are updated each spring; refresh this summary when the 2027 Alzheimer's Association report is released.