African American women at risk for ADRD may exhibit a decline in executive function and physical and mental quality of life before memory deficits meet the criterion for ADRD diagnosis.

Motor-Cognitive tasks may be preserved despite deficiencies in executive function.

**Relevance of Findings**

- Executive function and mental and physical health-related QOL may be important targets for identifying individuals at increased risk for ADRD and developing appropriate rehabilitative interventions.
- Future studies should analyze allocortical load and caregiver status, as these may contribute to ADRD risk.
- Understanding the interplay of factors contributing to ADRD is key to preserving cognitive function.

**References**