



Research and Training Institute

Hebrew SeniorLife

Cognition and Nutrition Interventions

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Cognition Intervention

- Memory Training
- Focuses on verbal episodic memory
- Participants are taught mnemonic strategies for remembering
 - lists and sequences of items
 - text material, and main ideas and details of stories
 - other text-based information



Cognition Intervention

- Training exercises involve laboratory-like tasks as well as tasks and everyday activities such as recalling a shopping list
- Ten, 60-75 minute sessions
 - Sessions 1-5 focus on strategy instruction and exercises to practice the strategy
 - Sessions 6-10 provide additional practice exercises, but no new strategies are introduced
- Small group settings



Cognition Intervention

- Developed by George Rebok, Ph.D. at Johns Hopkins University
- Currently exploring ways to develop a computerized training
- Part of the ACTIVE (Advanced Cognitive Training for Independent and Vital Elderly) Study



Nutrition Intervention

- Healthy Eating for Successful Living in Older Adults
- Program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health
- Program focuses on heart and bone healthy nutrition strategies
- Educational and hands-on program using MyPyramid



Nutrition Intervention

- Main components:
 - Self-assessment and management of dietary patterns
 - Goal setting, problem solving, group support, self-monitoring
 - Education – registered dietician or nutritionist support provided when needed



Nutrition Intervention

- Encourages physical activity
- Six 2½-hour sessions of up to 12 participants lead by lay-leaders using a scripted curriculum. Optional seventh restaurant outing session
- Lay-leaders should be members of the community. Do not need to know anything about nutrition. Role is to foster group dynamics



Nutrition Intervention

- Developed by Robert Schreiber, MD at Hebrew SeniorLife

