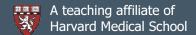


Institute for Aging Research

Hebrew SeniorLife

Memory Interventions and Everyday Competencies

- Elizabeth P. Howard, PhD, RN, BC-ACNP
- Institute for Aging Research, Hebrew SeniorLife
- Adrienne Rosenberg, MS; Christopher Rockett, PhD
- John Morris, PhD, Brant Fries, PhD,
- Beryl Goldman, RN, PhD





CCRC settings

• Major goal: to remain as functionally independent and cognitively intact as possible





• Autonomy, engagement, and social vitality are key components of the CCRC story.....





- Examined the interplay between cognitive status and physical activity level in CCRC's
- Assessed residents' level of interest in programs to improve cognition or physical activity level
- Examined the model in relation to select demographic, health and functional characteristics





- Sources of Data
 - interRAI Community Health Assessment (CHA)
 - Functional Supplement to the CHA
 - COLLAGE Wellness Assessment





• Used subjects of vector questions for analyses

- Cognition
- Physical Activity
- Resident Preferences





Cognition

Revised Cognitive Performance Scale (CPS2)

- -is short term memory OK (CHA)
- -is procedural memory OK (FS)
- -what is the level of *cognitive skills for daily* decision making (CHA)
- -what is the level of ability in *making self* understood (CHA)
 - -what is the level of ability in eating (FS)





How would you rate your memory (Wellness)





• Developed an eight level hierarchal scale (0-7)

- Score of 3 or less = Good Cognition
- Score of 4 or higher = Moderate to severe cognitive deficits





- Physical Activity
 - What is your total hours of exercise or physical activity in the last 3 days (CHA/Wellness)
 - Good physical activity = having exercised 3 or more hours in the last 3 days

Satisfaction with level of physical activity

Are you satisfied with your fitness level (Wellness)





- Resident Preferences
 - Are you interested in programs to improve your memory (Wellness)
 - if yes = COGNITIVE STRIVERS
 - Are you interested in programs to improve your fitness level (Wellness)
 - *If yes* = **PHYSICAL STRIVERS**





- CONTENT individuals
 - Good cognition and good physical activity and not interested in participating in any programs
- SEDENTARY
 - Good cognition and poor physical activity and not interested in a physical activity program
- RESIGNED
 - Poor cognition and not interested in program to improve their cognition





- Based on participants responses to questions associated with the memory and physical activity vectors, 3 distinct strata emerged:
 - Good Cognition and Good Physical Activity
 - Good Cognition and Poor Physical Activity
 - Poor Cognition











Good Cognition, Good Physical Activity

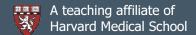
largest stratum – 50% of the sample

3 phenotypes:

<u>content – 25.6</u>%

cognitive striver – 10.5%

physical striver – 13.9%





Good Cognition and Poor Physical Activity

comprised 45% of the sample

3 phenotypes:

sedentary – 17.4%

cognitive strivers – 7.3%

physical strivers – 20.3%





Poor Cognition

- − Smallest group − 5% of the sample
- 2 phenotypes:
 - Cognitive strivers 2.4%
 - Resigned 2.6%





Demographic Characteristics

Good Cognition and Good Physical Activity

- younger, married, graduate degree

Good Cognition and Poor Physical Activity

- older

Poor Cognition

- less formal education

Gender not statistically significant





Health Characteristics

Good Cognition and Good Physical Activity

- better self-rated health
- less lonely
- reportedly no major life stressors





- Good Cognition and Poor Physical Activity
 - More likely to have had a stroke
 - COPD
 - Cancer
 - Experienced more anxiety
 - Experienced more depression

Of note, coronary heart disease and diabetes not statistically significant





- Functional Characteristics
- Good Cognition and Good Physical Activity
 - More likely to
 - Drive, walk, perform housework independently
 - Good Cognition and Poor Physical Activity
 - 75.5% able to perform housework independently
 - Poor Cognition
 - Majority did not drive
 - Majority required help with housework





• Thank you for your time and attention.





