

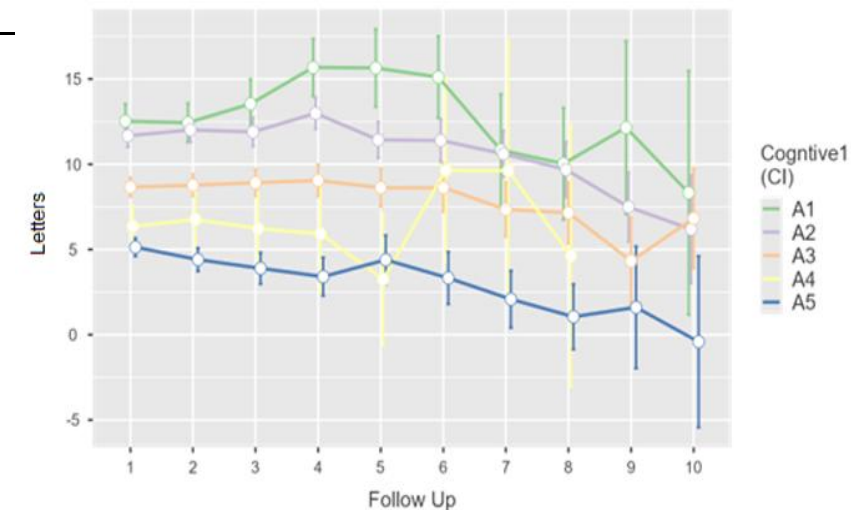
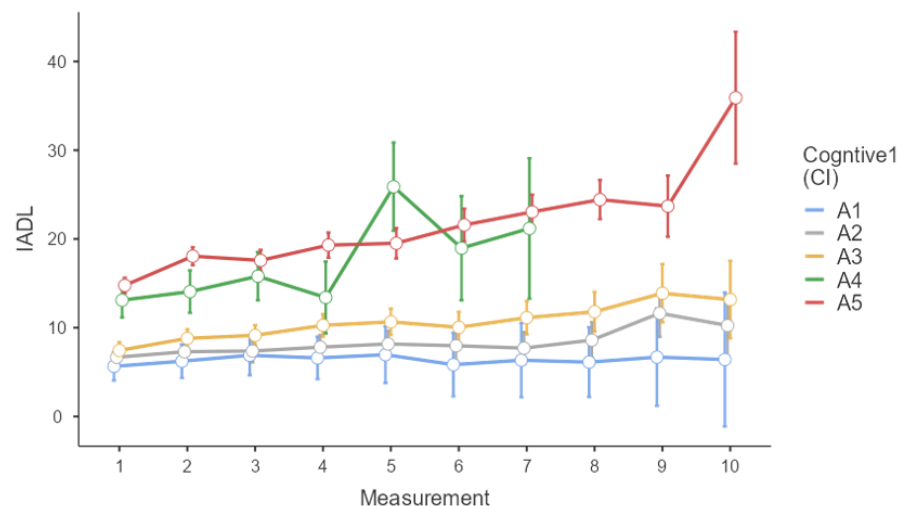
Background: Physical and cognitive training programs have shown promise in improving functional and cognitive outcomes in individuals with dementia. However, large-scale, longitudinal evidence remains limited, particularly within real-world clinical settings.

Aim: This study investigates the **longitudinal effects of a structured physical and cognitive training** program implemented by Alzheimer Athens, focusing on functional and cognitive changes in people with **dementia**, in a 10-year investigation.

Methods: We analyzed data from 956 patients enrolled in a multi-component intervention program, followed for up to ten-time points. Primary outcomes included the Mini Mental State Examination (MMSE), a verbal fluency task, and the Instrumental Activities of Daily Living (IADL) questionnaire.

Results: Over time, **overall cognition and verbal fluency performance remained stable through the fourth to seventh follow-up, and declined thereafter, similarly to the daily functionality.** Results were mostly driven by **early-stage** demented people. Higher cognitive status and educational level were associated with better performance across measures. Age was a significant predictor, with older individuals generally scoring lower on MMSE and verbal fluency, and having more affected functionality.

		N	%
Sex	Men	268	28.0%
	Women	688	72.0%
Educational Status	Not having attended school	18	1.9%
	Primary school	266	27.8%
	High school	364	38.1%
	University Degree	308	32.2%
Cognitive status at baseline	A1 (cognitively healthy)	91	9.5%
	A2 (mild dementia)	201	21.0%
	A3 (moderate dementia)	277	29.0%
	A4 (moderately severe dementia)	60	6.3%
	A5 (severe dementia)	327	34.2%



Discussion: Despite disease progression, participation in the routine multimodal care program was associated with relatively stable functional abilities over several follow-up periods and slower decline in some cognitive domains. However, causal effects cannot be inferred from this observational study design. The findings support the integration of multimodal training in dementia care pathways.

• e-mail: angeltsa@med.uoa.gr