

Cognitive Performance and Active Lifestyle

Poster

in Community-dwelling Older Adults

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Promoting cognitively stimulating and socially engaging activities may help preserve cognitive function and mental well-being in older adults.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
An active lifestyle, besides promoting better physical and mental health, provides greater social interaction and increased cognitive stimulation, positively impacting mood and cognitive performance. However, lifestyle habits changed from March 2020 onward due to the COVID-19 pandemic, particularly among high-risk groups such as older adults. The aim of this study was to investigate the relationship between an active lifestyle and cognitive performance in community-dwelling older adults during the COVID-19 pandemic.	A total of 50 community-dwelling older adults enrolled at a community centre were interviewed. Cognitive status was assessed using the Addenbrooke's Cognitive Examination (ACE). Psychosocial indicators were assessed using the Control, Autonomy, Self-realization and Pleasure (CASP), the Depression Anxiety and Stress Scale (DASS), and the Geriatric Depression Scale (GDS). The adapted Brazilian Portuguese version of the Minnesota Leisure Time Activities Questionnaire (MLTAQ-Br) was used to assess physical, domestic, leisure-time, and work-related activities over the previous 12 months.	Participants with greater involvement in the activities investigated had better cognitive performance (p-value 0.021) and fewer depressive symptoms (p-value 0.047). Specific activities, such as physical activity, were associated with lower prevalence of anxiety symptoms (p-value 0.013) and greater sense of autonomy (p-value 0.047). Engagement in intellectually-stimulating activities was strongly associated with all of the cognitive domains assessed.	Greater engagement in social and cognitively stimulating activities was associated with better cognitive performance and fewer depressive symptoms in community-dwelling older adults. Physical activity was linked to lower anxiety and greater autonomy, highlighting the importance of an active lifestyle for healthy aging.	Sörman DE, Rönnlund M, Sundström A, Adolfsson R, Nilsson LG. Social relationships and risk of dementia: a population-based study. <i>Int Psychogeriatr</i>. 2015;27(8):1391–9. Sposito G, Neri AL, Yassuda MS. Advanced activities of daily living (AADLs) and cognitive performance in community-dwelling elderly persons: data from the FIBRA study - UNICAMP. <i>Rev Bras Geriatr Gerontol</i>. 2016;19(1):7–20.  gerontogabriela@gmail.com  ALZHEIMER'S ASSOCIATION AAIC 26