



BRAIN HEALTH IN AGEING: The Role of Cognitive Stimulation

MARGARIDA FERREIRA
Neuropsychologist

AGEING in 50 words



HEALTHY AGEING VS neurodegeneration

HEALTHY aging brain

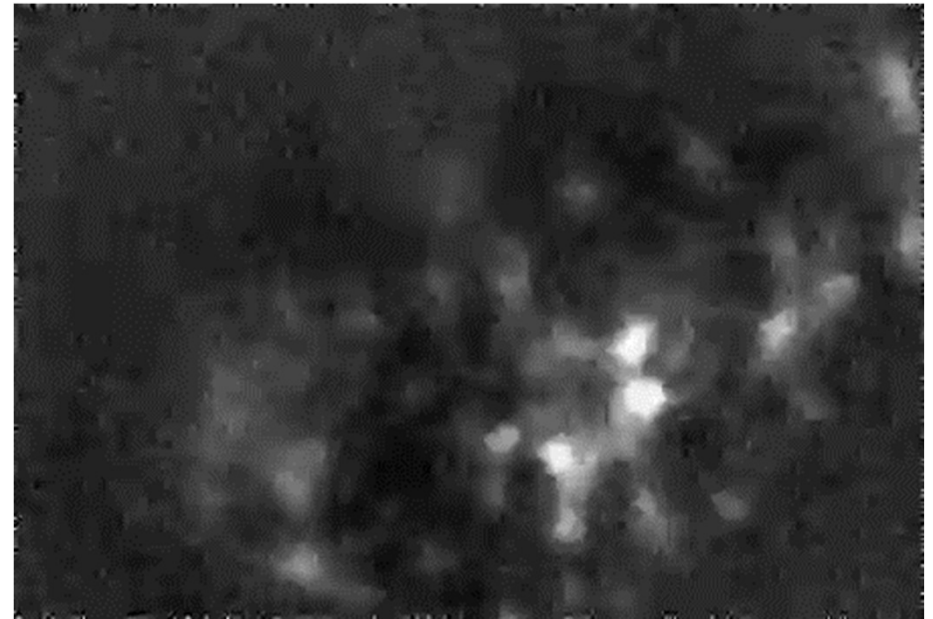
- Occasional mistakes
- Ability to trace back steps to retrieve information

- Noticeable cognitive impairment
- Difficulty with familiar, daily tasks
- Personality and mood changes
- Withdraw from appreciated activities

**DEMENTIA
warning signs**

OUR INNER map and roads

The brain creates and strengthens neural networks through repetition. Novelty and positive stimulation increase brain plasticity, supporting adaptation, well-being, and healthier aging, while repeated negative patterns can reinforce stress and anxiety.



Neurons firing in hippocampus

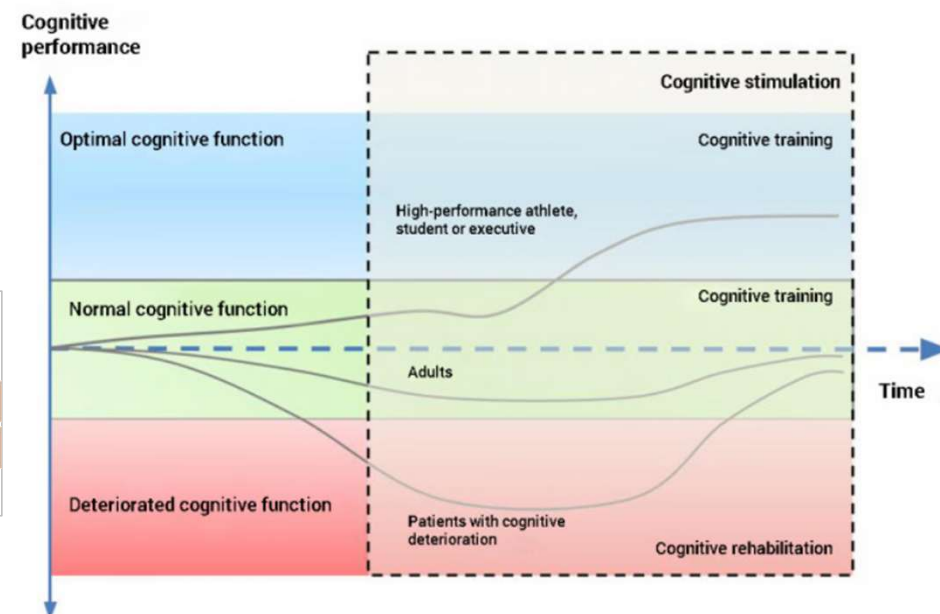
UNC neuroscientist Garret Stuber, PhD, used deep-tissue imaging techniques, including a new kind of tiny microscope to capture this video of individual neurons firing in the hippocampus brain region of a live and freely moving mouse.

WHAT IS cognitive stimulation therapy

Evidence-based, non-pharmacological treatment designed for people with mild-to-moderate cognitive impairment. Involves structured, enjoyable individual or group activities aimed at improving cognitive/social skills and quality of life.

Conclusion

This meta-analysis analyzed the effects of CST on the cognition, QoL, and NPS of PwD. The results showed that CST can improve the cognitive ability and QoL of PwD and reduce their depression; it also had a significant effect on language and ability to perform activities of daily living in PwD; thus, the results of this meta-analysis supported the feasibility and



COGNITIVE STIMULATION in Alzheimer Portugal



↑ Well-being, memory, routine, orientation, cooperation, self-efficacy, trust, socialization, motivation, independence, focus, happiness

↓ Anxiety, stress, irritability, negative feelings and worry, deterioration, delirium, isolation, loneliness, boredom, apathy



REDUCING THE RISK of cognitive decline

The FINGER model is based on scientific evidence from the FINGER study, showing that simultaneous lifestyle measures in five areas can help prevent and delay the development of cognitive decline.



50 IDEAS TO maintain a healthy brain

1  Read books regularly	2  Learn a new language	3  Play a musical instrument	4  Do crossword puzzles	5  Try Sudoku	6  Practice mindfulness	7  Meditate daily	8  Walk in nature	9  Exercise regularly	10  Dance
11  Listen to music	12  Paint or draw	13  Write in a journal	14  Learn a new skill	15  Cook new recipes	16  Travel to new places	17  Change daily routines	18  Have meaningful conversations	19  Spend time with friends	20  Volunteer
21  Teach someone something	22  Take online courses	23  Practice gratitude	24  Sleep well	25  Stay hydrated	26  Eat brain-healthy foods	27  Reduce chronic stress	28  Limit multitasking	29  Practice deep breathing	30  Challenge negative thoughts
31  Set personal goals	32  Spend time offline	33  Explore creative hobbies	34  Play strategy games	35  Learn chess	36  Garden	37  Practice memory exercises	38  Use your non-dominant hand	39  Explore new music genres	40  Visit museums or exhibitions
41  Watch educational documentaries	42  Try brain-training apps	43  Maintain curiosity	44  Practice positive self-talk	45  Laugh often	46  Spend time in sunlight	47  Keep socially active	48  Reflect on experiences	49  Stay intellectually curious	50  Embrace novelty and change

YOUR BRAIN LOVES:



Variety



Challenge



Connection



Purpose



Rest



Nutrition



Joy

"Use it, challenge it, feed it well and give it reasons to grow."





Thank you for your attention 😊

Margarida Ferreira

margarida.ferreira@alzheimerportugal.org

www.alzheimerportugal.org | facebook.com/alzheimerportugal.org