

HOT Evidence

Interventions to Improve Cognition for People Living with Alzheimer's Disease and Mild Cognitive Impairment

Why This Matters

- ▶ The number of older adults with Alzheimer's disease or other related dementias is increasing.
- ▶ Cognitive impairments can negatively affect participation in all areas of occupation.
- ▶ Occupational therapy practitioners can provide interventions to improve cognitive performance and participation in desired and necessary activities.

Improving Cognitive Performance

Evidence-Based Interventions

Mild Cognitive Impairment



Dance Training



Music-making



Cognitive Therapy &
Memory Training

Alzheimer's Disease or Other Dementia



Cognitive-oriented
approach



Reminiscence



Walking / Exercise
with Memory Games

Find the Evidence:

Visit <https://research.aota.org> to review the Systematic Review Briefs on this topic