



# Prevention of Mild Cognitive Decline in Aging Senior Citizens

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## Abstract

Mild cognitive impairment (MCI) is a condition that is very common among the elderly and is characterized by difficulty remembering, deterioration with attention skills, and sometimes making decisions. MCI will not initially interfere with activities of daily living, but it is considered to be a first step towards evolving dementia. This study sought to explore the perceptions of older adults' experiences as they participated in a community book club, specifically, exploring how these participants perceive their cognitive memory skills before and after participating in the book club.

A survey was developed to collect the data and interpret the results. Five responses were anonymously collected and participation in the survey was completely optional. The results of the survey show that 50% of respondents perceived that their ability to remember and concentrate has improved after participating in the book club. The other 50% of the respondents reported having no difficulty remembering or concentrating, therefore reporting no improvement from before and after participating in the book club. The results of this study suggest that participating in a community book club may serve to improve cognitive abilities, such as remembering and concentrating.

## Introduction

This study sought to explore the perceptions of older adults' experiences as they participated in a community book club. Specifically, this study explores how participants in a community book club perceive their cognitive memory skills before and after participating in the book club.

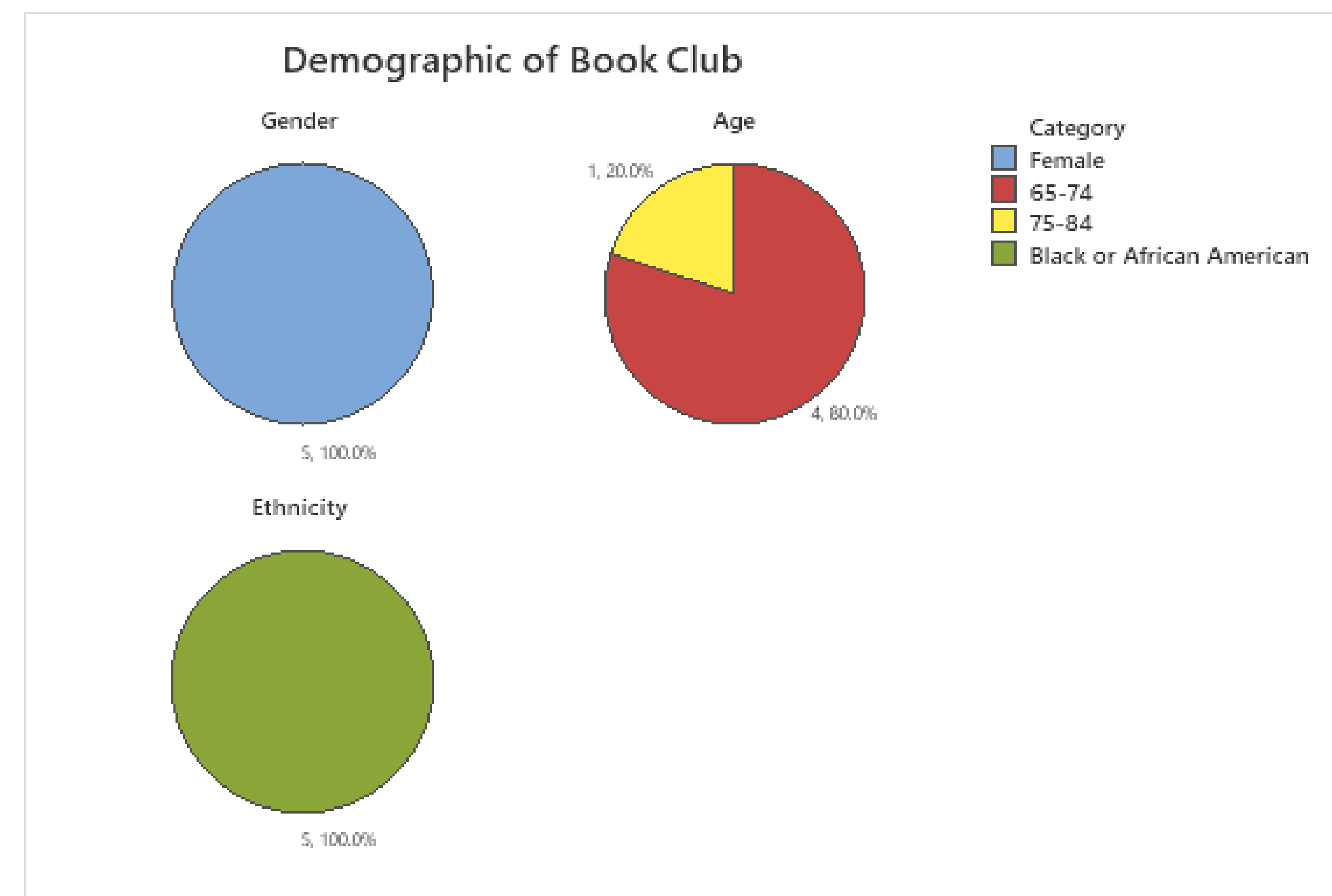
The research questions were:

1. What are the perceived benefits of participating in a community book club?
2. Do seniors perceive improvement in memory and/or cognition following participation in a community book club?

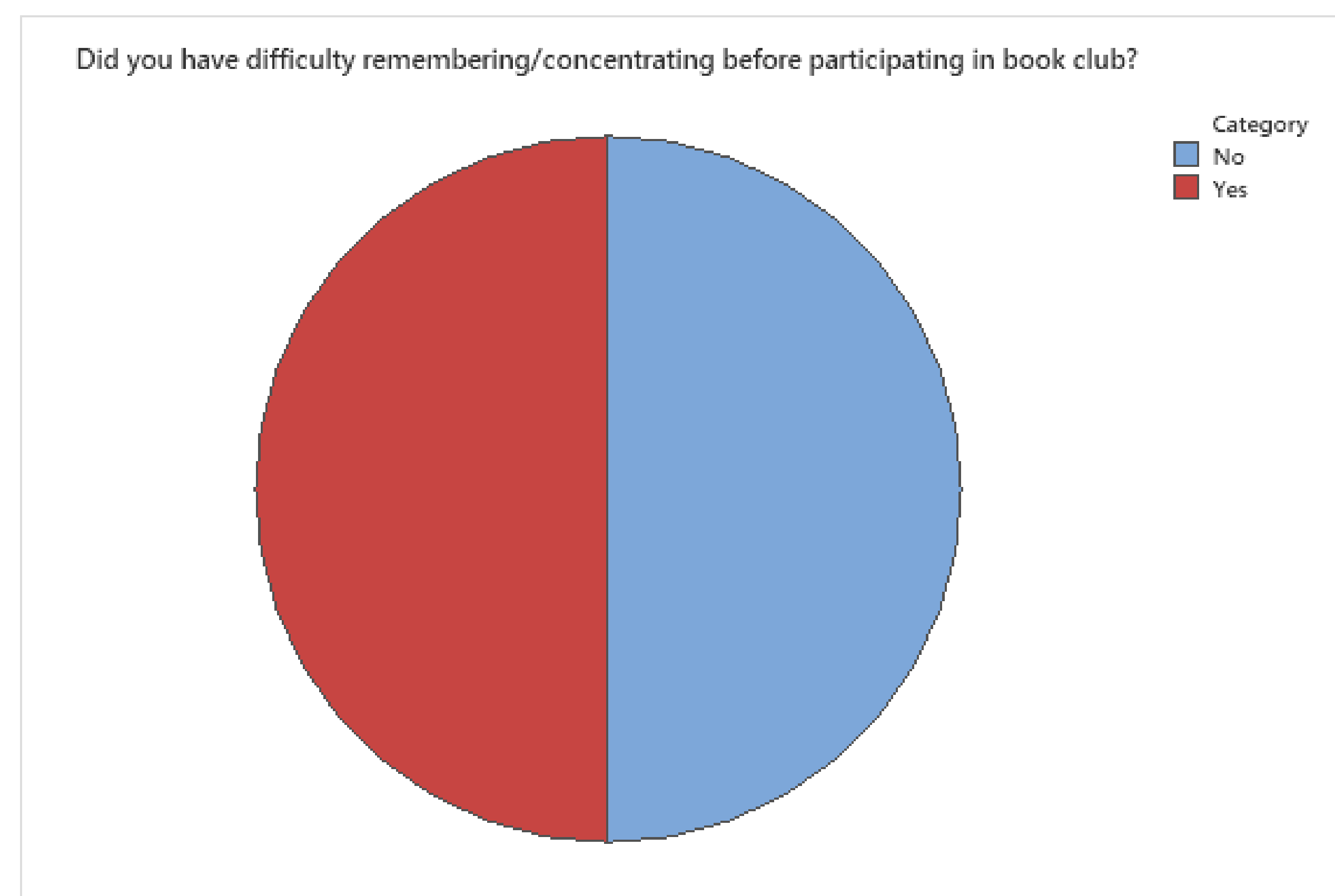
## Methods

A survey was developed using the Survey Monkey platform. Responses were anonymously collected. The survey given to the participants consisted of 23 questions. These questions asked about their experience in the book club and their perception of their ability to remember and/or concentrate. There was no risk in taking this survey. This study was approved by the Institutional Review Board.

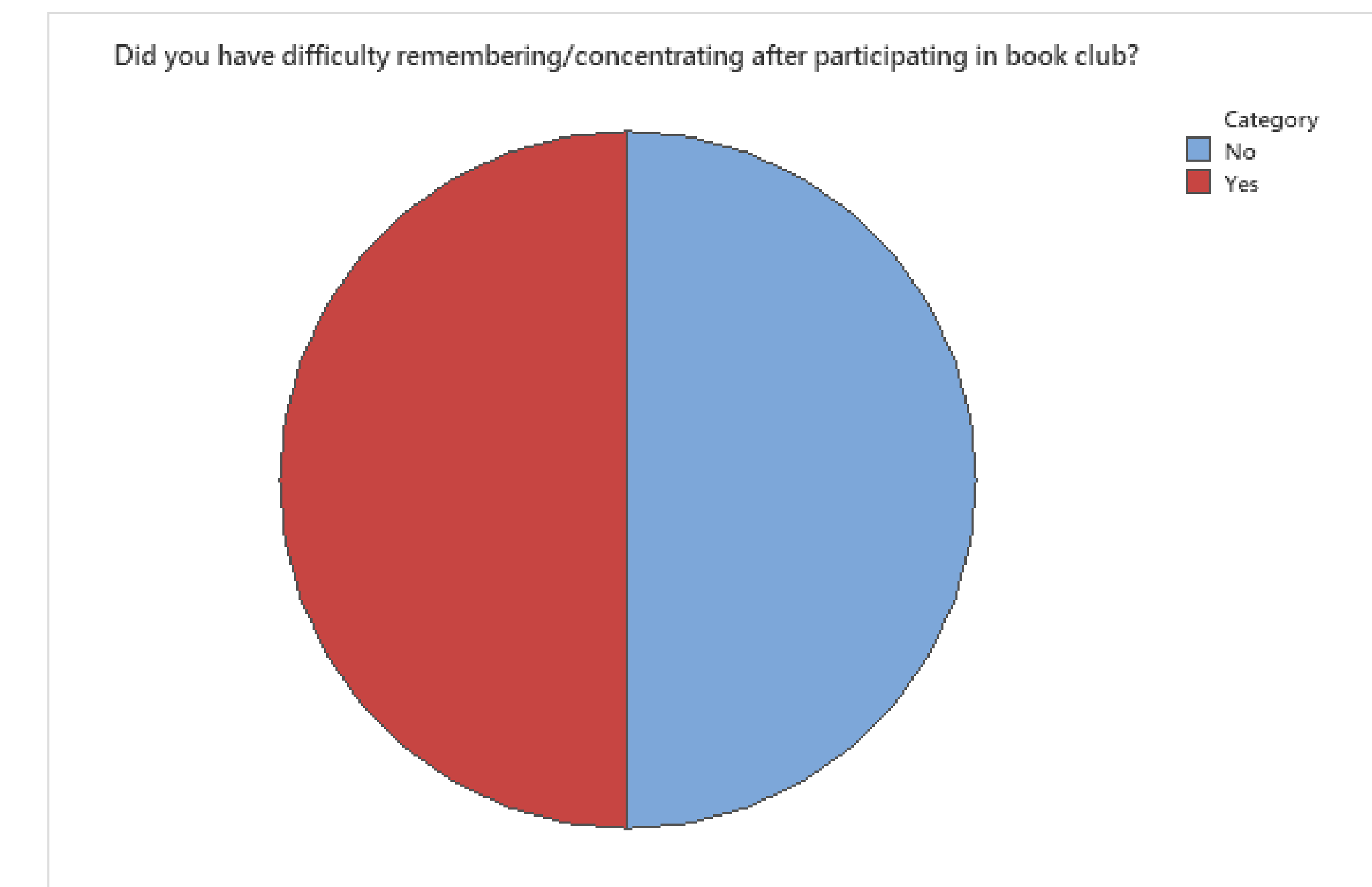
## Results



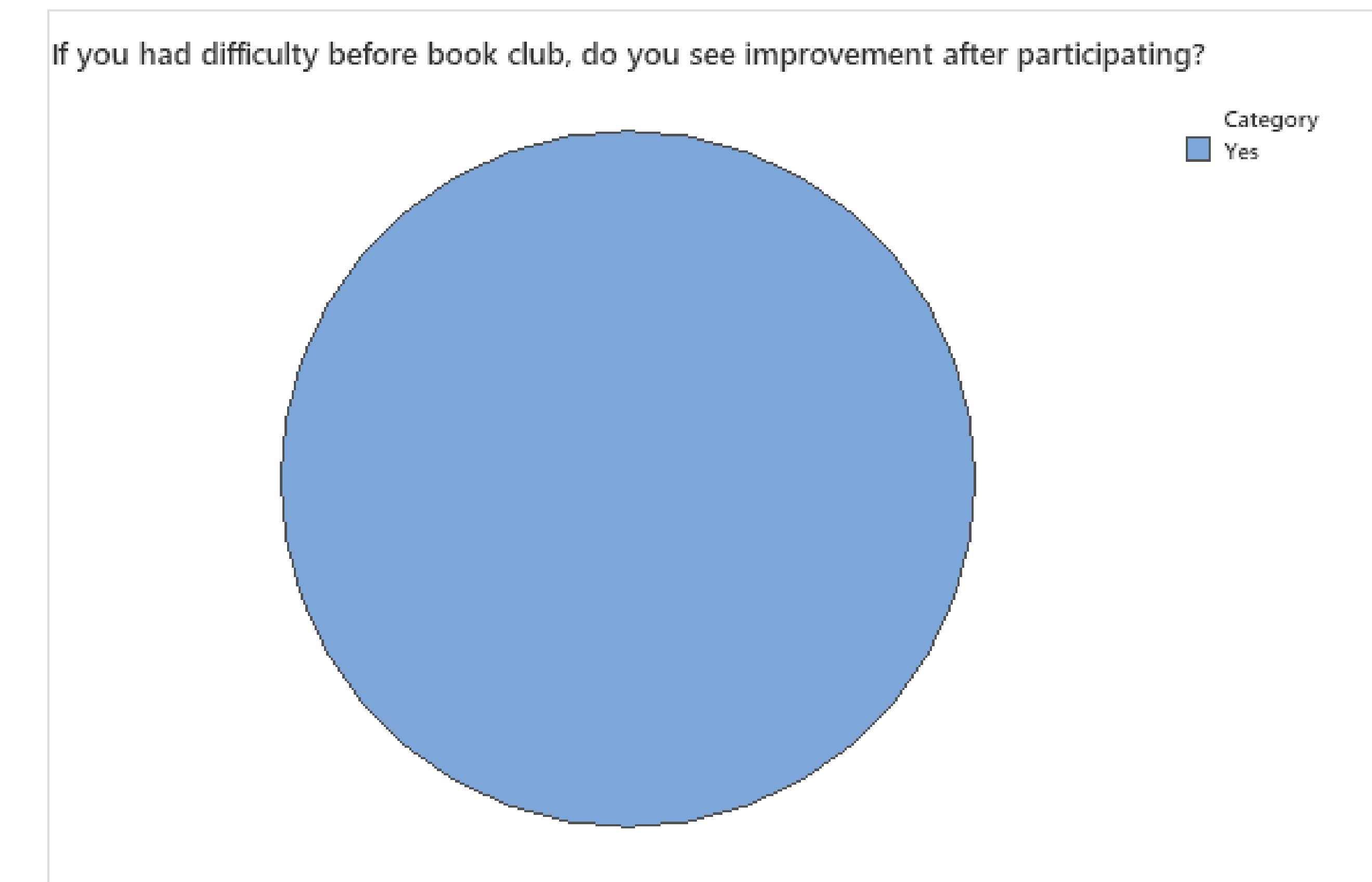
**Figure 1. Demographic of Book Club.** This is the demographics of the community book club. The respondents were 100% African-American women between the ages 65-84.



**Figure 2. Did you have difficulty remembering/concentrating before participating in book club?** This is what respondents reported when asked whether they had difficulty remembering or concentrating before participating in book club.



**Figure 3. Did you have difficulty remembering/concentrating after participating in book club?** This is what respondents reported when asked whether they had difficulty remembering or concentrating after participating in book club.



**Figure 4. If you had difficulty before book club, do you see improvement after participating?** This is what respondents that said they had difficulty remembering/concentrating reported when asked if they saw improvement after participating in book club.

## Acknowledgements

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## Conclusions

- Respondents reported liking the social benefits of the book club.
- The senior respondents did perceive improvement in memory and/or cognition.