



Case Studies in the Integration of Technology with Cognitive Rehabilitation for Individuals with Memory Concerns and Their Care Partners / Gerwal et al.

The question we studied



How can psychology and technology help older adults who are worried about their memory?

How we studied it



We used cognitive rehabilitation (psychology/therapy) and technology to support two people with memory concerns and one care partner. Each session we looked at how they felt they progressed towards their goals. We also kept a research journal to follow the process.

What we found



Together, the technology and cognitive rehabilitation helped our participants to live more meaningful lives. The research journal highlighted that it is important for the therapist to have a strong therapeutic relationship with the participants.

Why it matters



These findings can help us develop a support program for people with memory concerns. It can also inform therapist working with them.



Cumulative blood pressure load and cognitive decline in older adults: an observational analysis of two large cohorts / Dixon et al.

The question we studied



How does having high blood pressure for a long time affect cognitive changes (memory and thinking abilities) in older adults? In other words, does having high blood pressure over a long time make your thinking and memory abilities worse?

How we studied it



We studied two international databases that have information about blood pressure and about cognitive changes for many participants.

What we found



We found that among Canadian and Swedish older adult participants, there was a small but noticeable connection between high blood pressure and cognitive changes.

Why it matters



These findings tell us that we need to study the connection between long-term high blood pressure and cognitive changes more carefully. An important next step is to see if there is a link between high blood pressure and having dementia.



Education protects people at risk of Alzheimer's disease from hippocampal-related declines in episodic memory/ LaPlume et al.

The question we studied



Is a person's education level linked to how well they remember events?

How we studied it



We studied a brain structure important for memory – the hippocampus. The smaller the hippocampus, the more likely the person to develop Alzheimer's disease. We used brain imaging to look at the hippocampus of participants who also reported the level of their education, and we measured their memory level.

What we found



Education impacted the effect of hippocampal volume on memory. In other words, a lower volume of hippocampus was found in participants with lower memory but only if they had lower education. Having over 14 years of education was protective even in people at risk of Alzheimer's disease.

Why it matters



These findings show that higher levels of education can help protect the brain from developing dementia.