Conclusions: Work-related activity in old age has a positive influence on cognitive functioning and can contribute to older people's cognitive reserve and to maintaining better attention, naming or word retrieval performance. Thus, in order to maintain good cognitive functioning, when older adults retire, they may need to substitute work with stimulating and challenging activities.

FC7: Effects of a multidomain cognitive stimulation program in older adults

Authors: Priscila Victoria Elliott, María Gabriela Rodríguez Paz, Emilia Andrea Arnez Heine, Alejandro Nicolás Rivera, Florencia Albornoz, Laura Rubio Rubio, Cristina G. Dumitrache

Objectives: The aim of this study was to ascertain the influence of a six-month multidomain stimulation program on cognitive functioning.

Methods: The sample comprised 25 older adults 60 years-old and older (Mage = 66.08 years), of whom 96% were women and 54% had high education. The intervention program had a duration of six months and was implemented in a group format in one-hour sessions on a weekly basis. Lessons on neuroprotective factors, training in practical compensatory strategies to improve daily performance, cognitive training exercises and recreational cognitive stimulation activities were included. In order to analyze participants' cognitive functioning the following instruments were used: Mini-Mental State Examination, Rey Complex Figure Test, Digit Span Test, Stroop Test, Trail Making Test (Part A and Part B), Verbal Fluency Test, Boston Naming Test (Short Form) and Neuropsi Verbal Memory Subtest. Wilcoxon test was performed to test the impact of the intervention program on participants cognitive functioning.

Results: Statistically significant differences were found after the six-month intervention in verbal memory encoding ($W = -2.772$, $p < 0.05$), in spontaneous verbal memory retrieval (freerecall) ($W = -3.456$, $p < 0.001$), inverbal recognition memory ($W = -3.184$, $p < 0.001$), in spontaneous visual memory retrieval ($W = -2.056$, $p < 0.05$), and in naming by visual confrontation ($W = -2.521$, $p < 0.05$). In all cases, participants increased their scores after taking part in multicomponent a six-month multidomain stimulation program

Conclusions: One of the biggest concerns among older people is the loss of cognitive abilities that may occur with ageing. Cognitive stimulation programs, if sufficiently comprehensive, can be a good tool to maintain and improve cognitive functions as we age.

FC8: Specific protocol for individual Psychotherapy based on Cognitive Behavioral Therapy for people with Mild Cognitive Impairment (MCI) and Mild Dementia (MDI)

Author: Paula Soledad Brovia, Sr.

Objectives: To discuss a proposal for a cognitive behavioral psychotherapy protocol for people with Mild Cognitive Impairment and Mild Behavioral Impairment framed within psychosocial treatments.

Methods: The lack of a specific psychotherapy protocol in Latin America for the selected population will be presented, as well as the need to complement cognitive stimulation treatment with cognitive behavioral psychotherapy for the corresponding cases. The literature explored in this theoretical framework will be addressed and the steps to follow in the aforementioned project will be proposed.

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