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Prevention of Mild Cognitive Decline in Aging Senior Citizens

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Prevention of Mild Cognitive Decline in Aging Senior Citizens

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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 participation in a community book club may contribute to improved cognitive abilities, such as remembering and concentrating.