

## EFFECTIVENESS OF CAREGIVER-PROVIDED INDIVIDUAL COGNITIVE INTERVENTIONS IN OLDER ADULTS WITH DEMENTIA

[Silva et al. \(2023\)](#)

**Snapshot!** This systematic review explored whether **caregiver-provided cognitive interventions improved general cognitive functioning and improved cognitive abilities (i.e., memory, attention, problem solving) in older adults living with dementia**. The review also explored whether caregiver provided cognitive interventions led to improvements in behaviour, mood and quality of life. The review included 10 research studies that researched a range of cognitive interventions.

### HOW? Systematic Review

A **systematic review** involves carefully reviewing all studies that have been published to answer the research question.

### WHO? People living with dementia

Dementia is a broad term used to describe a group of symptoms that are frequently caused by a range of diseases affecting the brain. Such diseases include, among others, progressive neurodegenerative diseases such as Alzheimer's or Parkinson's Disease and vascular diseases reflecting damage to the brain's blood circulation. Symptoms of dementia typically include cognitive difficulties in processes such as memory, language, and attention. These difficulties are usually significant, and lead to the person having increasing difficulty performing a range of everyday tasks such as remembering important information, operating equipment, or managing finances.



### WHO? Caregiver for someone living with dementia

Throughout the current citizen briefing the term caregiver will be used to describe a person supporting someone living with dementia. A caregiver may be the partner, family member, friend or carer for someone living with dementia.

## WHAT? Cognitive Interventions

The current review focused on cognitive interventions delivered by caregivers. Cognitive interventions are interventions that focus on how we think. The goal is to improve our brain's performance when we do something, like making decisions, learning, or trying to remember a detail. Some forms of cognitive interventions are cognitive training, cognitive rehabilitation and cognitive stimulation. In the current review cognitive stimulation and cognitive rehabilitation were the most common caregiver-provided cognitive interventions for people living with dementia.

## WHAT? Different forms of Cognitive Interventions

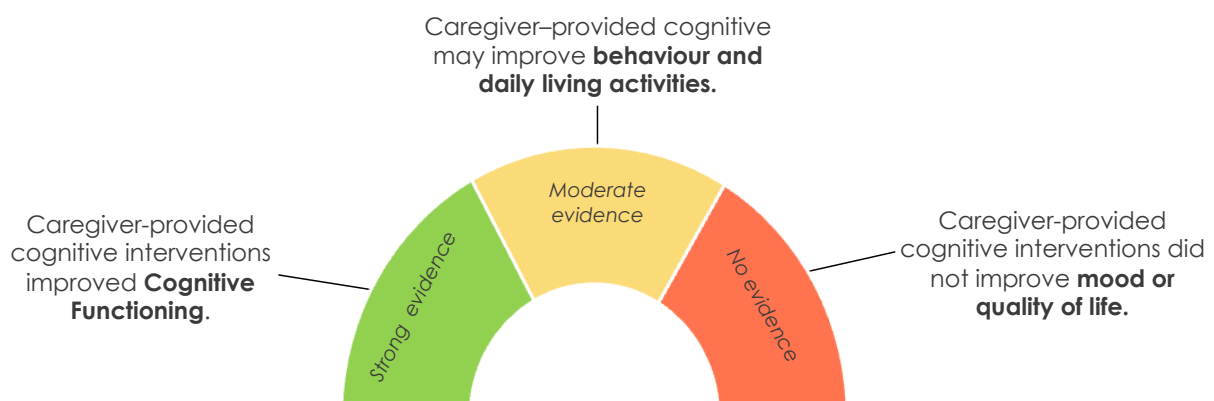
**Cognitive stimulation** involves activities or exercises designed to be mentally engaging and challenge thinking abilities. Some common cognitive stimulating activities include crosswords, puzzles and strategy games.

**Cognitive rehabilitation** involves programs specially designed for an individual's specific goals. It has a focus on helping people improve their performance in specific activities of daily living, depending on their needs. Personalised education, memory tools and memory strategy techniques are some common techniques used in cognitive rehabilitation.

## What was main finding in the review?

- People living with dementia who engaged in caregiver provided cognitive interventions saw improvements in cognitive abilities.
- A summary of other findings found in the review are included below.

## Summary of review findings



## What did the review recommend?

- The review recommended caregiver-provided cognitive interventions as an intervention to improve cognitive functioning for people living with dementia.
- The review also recommended that clinicians assist with training and supporting caregivers wanting to provide cognitive interventions.

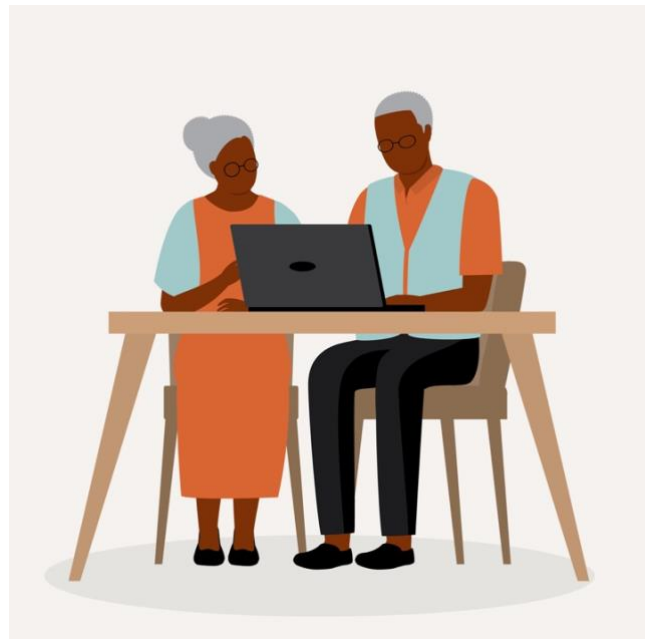
## Confidence in the findings

CogTale concluded moderate confidence in the findings by Silva et al. (2023), meaning that the review may provide an accurate summary of the findings of studies included in the review.

*To critically appraise the review by Silva et al. (2023), CogTale used the AMSTAR-2 (see more details on AMSTAR-2 [here](#)) to assess the research quality and design of the review.*

## Further resources and information

- For more information on different cognitive interventions, [click here](#).
- For cognitive resources for consumers and caregivers, [click here](#).
- To view the CogTale citizen briefing on cognitive rehabilitation, [click here](#).
- For general tips for caregivers wanting to implement activities for people living with dementia, [click here](#).



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