Physical Activities to Improve Cognition in the Elderly Community Outreach Project
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**Introduction**

Spring, 2018
Hollywood Senior Center, Portland, OR
1 session, 15 Participants:
66-92 years of age
27% Male 73% Female
11 Completed survey

**Discussion**

- Members appreciated having people from the medical community come and talk to them.
- They particularly appreciate hearing what the newest recommendations are regarding health.

**Challenges:**
- The audience was more interest in specifics rather than the background knowledge.
- The PowerPoint presentation became less useful because the discussion wandered from the information initially prepared

**Conclusion**

- Audience preferred to hear the most recent, specific recommendations regarding health.
  - Future presentations would include more specifics of what people should do to improve their cognitive health
- Overall the audience felt I effectively addressed the learning objectives and taught the topic well.

**Background/Content**

**Main points of presentation:**
- Discussed what constitutes normal aging
- Described what components in physical activity support cognitive health
  - Physical, Mental, Social components
- Provided examples of activities that promote cognitive health
- Discussed modifications audience members could do to their existing exercise routines to add cognitive-focused components.

**References/Acknowledgements**

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