

Preserving Our History: Promoting Care for the Elderly Through Cognitive Activities

Ana Beatriz Pereira Riotinto*, Maria Eduarda Oliveira Duarte, Jocsã David Gomes Santos, Paola Stephanie Olive Duarte, Pedro Henry Bastos Teles Belt and Larissa of Almeida Silva Pacheco

Medical student, Higher Education Institute of the Parnaíba Valley (IESVAP), Rua Evandro Lins e Silva 4435, Parnaíba, PI, 64212-790, Brasil

*Corresponding author

Ana Beatriz Pereira Riotinto, Medical student, Higher Education Institute of the Parnaíba Valley (IESVAP), Rua Evandro Lins e Silva 4435, Parnaíba, PI, 64212-790, Brasil.

Received: March 17, 2026; **Accepted:** March 24, 2026; **Published:** March 30, 2026

ABSTRACT

Objective: To promote care for older adults through the implementation of cognitive activities aimed at stimulating memory, attention, and social interaction.

Methodology: The study consisted of an intervention project involving individuals aged between 40 and 70 years, selected through an initial screening that considered memory difficulties, attention deficits, sequelae of stroke (CVA), and the presence of comorbidities such as hypertension and diabetes. Objective cognitive assessments were applied, including short-term memory tests, forward and backward digit span tests based on the WAIS scale, visual perception tests using incomplete figures, and verbal recall tests. In addition, individual interviews were conducted to better understand the social and emotional profiles of the participants. Based on these data, structured cognitive activities and informational meetings on aging and mental health were developed.

Results: The results demonstrated active participation of older adults in the proposed activities, directly benefiting 15 participants and fully achieving the goals established for the project.

Conclusion: It is concluded that the implementation of cognitive activities associated with social interaction contributes to the stimulation of mental functions, the promotion of emotional well-being, and the improvement of the quality of life of the elderly population.

Keywords: Aging, Cognitive Stimulation, Elderly Health, Health Promotion, Quality of Life.

affecting their social participation and their ability to perform daily activities [2].

Introduction

Population aging represents one of the most significant demographic transformations of the 21st century. The increase in life expectancy observed in recent decades has contributed to the significant growth of the elderly population in several countries, generating new challenges for health systems, public policies, and society as a whole. This scenario reinforces the need to develop strategies that promote not only longevity, but also quality of life and the maintenance of functional autonomy for individuals [1].

Furthermore, certain clinical conditions frequently present in the elderly population, such as systemic arterial hypertension, diabetes mellitus, and sequelae resulting from stroke, can intensify or accelerate cognitive impairment. In this context, prevention and health promotion strategies become fundamental to reducing the impacts of these changes on the quality of life of the elderly [3].

Among the main challenges associated with the aging process are cognitive changes, which can involve memory decline, reduced attention span, difficulties in executive functions, and decreased information processing speed. These changes can significantly compromise an individual's autonomy and independence,

Among the most promising strategies for promoting healthy aging is cognitive stimulation, which consists of carrying out structured activities designed to stimulate different mental domains, such as memory, attention, language, and logical reasoning. Recent studies indicate that cognitive stimulation programs can contribute to improving cognitive performance, functional autonomy, and psychological well-being in the elderly population [4].

Citation: Ana Beatriz Pereira Riotinto, Maria Eduarda Oliveira Duarte, Jocsã David Gomes Santos, Paola Stephanie Olive Duarte, Pedro Henry Bastos Teles Belt, et al. Preserving Our History: Promoting Care for the Elderly Through Cognitive Activities. Open Access J Clin Images. 2026. 3(1): 1-3.

DOI: doi.org/10.61440/OAJCI.2026.v3.35

Furthermore, activities that promote social interaction and the sharing of experiences have demonstrated a positive impact on the mental health of older adults, contributing to the reduction of social isolation and the strengthening of interpersonal relationships [5].

Given this context, the present study aimed to develop and implement a cognitive stimulation project for elderly people, seeking to stimulate cognitive skills, promote social integration, and contribute to improving the quality of life of the participants.

Methods

This study is characterized as a socio-educational intervention focused on cognitive stimulation, carried out with a group of participants aged between 40 and 70 years.

The first stage of the project consisted of conducting an initial diagnosis to identify the participants' profiles and understand their main cognitive, emotional, and social needs. To this end, an initial screening was carried out, identifying individuals who presented difficulties related to memory, attention deficit, sequelae of stroke, and the presence of comorbidities associated with cognitive impairment, such as hypertension and diabetes mellitus.

During the participant selection process, relevant aspects such as educational level, individual interests, history of participation in group activities, and personal preferences were also considered. This analysis allowed the proposed activities to be adapted to the specific characteristics and needs of each participant.

Following the screening phase, objective cognitive assessments were conducted using simple instruments widely employed in neuropsychological evaluation. Among the main tests applied were the short-term memory test, the forward and backward digit span test based on the WAIS scale, the visual perception test using incomplete figures, and the verbal recall test.

In addition to cognitive assessments, semi-structured individual interviews were conducted with the participants. These interviews aimed to understand aspects related to life history, daily routine, level of social interaction, difficulties faced in daily life, and expectations regarding the activities proposed in the project.

Based on information obtained during assessments and interviews, cognitive and socio-educational activities were planned to stimulate different cognitive domains, including memory, attention, language, and logical reasoning. Among the activities carried out were cognitive games, reading and writing exercises, group dynamics, shared reading, and light motor activities.

Results

The project involved 15 senior citizens, who actively participated in the activities developed throughout the intervention period.

During the project, informative meetings were held to understand the aging process, addressing topics related to the neurophysiology of aging, the prevention of cognitive decline, and the promotion of mental health. These meetings directly benefited 15 participants served by the CESBEM institution.

In addition to educational activities, structured cognitive activities were implemented, including reading and writing exercises, logic games, and mental challenges aimed at stimulating memory and attention. All planned activities were executed according to the pre-established schedule, enabling the full achievement of the goals defined for the project.

Furthermore, significant participation of the elderly in group activities was observed, which contributed significantly to strengthening interpersonal relationships, exchanging experiences, and developing social interaction among the participants.

The results demonstrated that the established objectives were fully achieved, reaching 100% of the targets set for the project's execution period.

Discussion

The results obtained in this study show that cognitive stimulation programs can significantly contribute to promoting the health and quality of life of the elderly population. The active participation of the elderly in the proposed activities demonstrates that structured interventions, when associated with social interaction and cognitive stimulation, have the potential to favor the maintenance of mental functions and the strengthening of functional autonomy. The main aspects observed during the execution of the project are discussed below.

Cognitive Stimulation and Maintenance of Mental Functions

Cognitive stimulation has been widely recognized as an effective strategy for preserving and strengthening cognitive functions in older adults, especially those related to memory, attention, and logical reasoning. The activities developed in this project aimed to stimulate different cognitive domains through structured exercises, reasoning games, and reading and writing activities.

Recent studies demonstrate that cognitive training programs can promote significant improvements in the cognitive performance of older adults, contributing to the maintenance of executive functions and working memory [6]. Furthermore, interventions involving regular cognitive activities can delay the cognitive decline associated with aging, favoring the preservation of autonomy and decision-making capacity.

In this sense, the results observed in this study reinforce the importance of implementing structured cognitive stimulation programs as a strategy for promoting mental health and preventing cognitive decline in the elderly population.

Importance of Social Interaction in Healthy Aging

Another relevant aspect observed during the project was the positive impact of group activities on social interaction among participants. Participation in group dynamics, discussions, and shared activities strengthened interpersonal relationships and created an environment of mutual support among the elderly.

Scientific literature indicates that involvement in social activities can play a key role in promoting emotional well-being and preventing feelings of isolation and loneliness among older adults [5]. Furthermore, social interaction can act as a protective factor for cognitive health, as it stimulates communication, memory, and information processing.

Therefore, initiatives that integrate cognitive and social activities have a greater potential for a positive impact on the quality of life of the elderly population, simultaneously promoting cognitive, emotional, and social benefits.

Health Education and Awareness About Aging

During the project, informational meetings were also held to understand the aging process and promote mental health. These meetings aimed to broaden participants' knowledge of the natural changes associated with aging, as well as to guide strategies for maintaining cognitive health.

Health education is an essential component in promoting active aging, as it enables individuals to develop greater awareness of their own health and adopt preventive behaviors throughout their lives. Programs that combine cognitive stimulation and health education are more effective in promoting the well-being and functional autonomy of older adults [4].

In this sense, the inclusion of educational activities in the project contributed to expanding the participants' knowledge and strengthening their active participation in their own health care.

Valuing Life Stories and Strengthening Self-Esteem

Another relevant aspect observed during the project's development was the emphasis on the participants' life stories. During the activities and interviews, the elderly had the opportunity to share experiences, memories, and personal anecdotes, which contributed to strengthening their sense of belonging and social recognition.

Sharing life stories can foster engagement in cognitive activities, as it stimulates autobiographical memory processes and reinforces an individual's personal identity. Furthermore, this type of approach contributes to strengthening self-esteem and building emotional bonds among participants.

Recent studies indicate that activities based on personal experiences and autobiographical memories can contribute to improving emotional well-being and promoting greater involvement of older adults in cognitive stimulation programs [7].

Implications for Public Policies and Community Programs

The results observed in this study also highlight the importance of implementing cognitive stimulation programs in community and institutional settings. Considering the growth of the elderly population, the development of strategies aimed at promoting active aging and preventing cognitive decline is becoming increasingly necessary.

Community-based programs that promote cognitive activities, social interaction, and health education can significantly contribute to reducing the impacts of aging on the functionality and quality of life of the elderly population. Furthermore, these initiatives can strengthen social support networks and encourage the active participation of older adults in the community.

Therefore, projects similar to the one developed in this study can be incorporated into health promotion programs in community centers, social assistance institutions, and elderly healthcare services [8].

Conclusion

The development of this project demonstrated that carrying out cognitive stimulation activities associated with the promotion of social interaction can significantly contribute to improving the health and well-being of the elderly population. The activities developed enabled the stimulation of different cognitive functions, such as memory, attention, language, and perception, in addition to fostering the strengthening of social relationships among the participants.

The results obtained indicate that structured cognitive stimulation programs constitute important tools for promoting healthy aging, especially when adapted to the individual needs and social context of the participants. Thus, similar initiatives can be encouraged in different institutional and community contexts, contributing to the improvement of the quality of life of the elderly population and to the appreciation of their histories and experiences.

References

1. Kang H. Boosting cognitive training through social engagement in older adults. *Ageing Research Reviews*. 2025.
2. Jiménez-Palomares M. Cognitive stimulation in older adults with dementia: a systematic review. *Journal of Clinical Medicine*. 2025.
3. Silva AF. Cognitive training using smartphone-based applications for older adults with mild cognitive impairment. *Healthcare*. 2024.
4. Cortés-Álvarez NY. Cognitive stimulation and its effects on well-being and cognitive performance in older adults. *Behavioral Sciences*. 2025.
5. Sáez S. Effects of everyday cognition-based intervention in healthy older adults. *Journal of Applied Gerontology*. 2025.
6. Berardi N. Social, cognitive and physical stimulation interventions for mild cognitive impairment: a systematic review. *Ageing Research Reviews*. 2025.
7. Navarro-Ramos CD. Effects of cognitive training with virtual reality in older adults. *Frontiers in Aging Neuroscience*. 2025.
8. Muñoz-Perete JM. Cognitive stimulation and strength training in older adults with mild cognitive impairment. *International Journal of Environmental Research and Public Health*. 2025.