

Future Challenges for Intervention Research

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1. Embedding cognitive intervention programs within broader context of everyday life and aging; most are not population-based. Little attention paid to delivery, sustainability, and cost-effectiveness of interventions at a population level.
2. Moving beyond the 6-week intervention program; most programs are low-dose interventions; need for long-haul, high-impact interventions.
 - Experience Corps®: Clinical trial of health promotion approach embedded in a social engagement program aimed at improving child academics and behavior.
 - Pilot results indicate improvement in executive functioning and memory among older volunteers after 4, 6, and 8 months of exposure, esp. among most impaired.
3. Understanding the underlying mechanisms of both immediate and long-term training and transfer effects; high-road versus low-road transfer?
4. Understanding who benefits from different approaches and under what conditions; identifying older adults with preclinical cognitive declines, but non-MCI.

Conclusion: Overall prospects for improving population's cognitive health are good. Don't overestimate possible intervention effects, but it is equally important not to underestimate long-term public health potential.

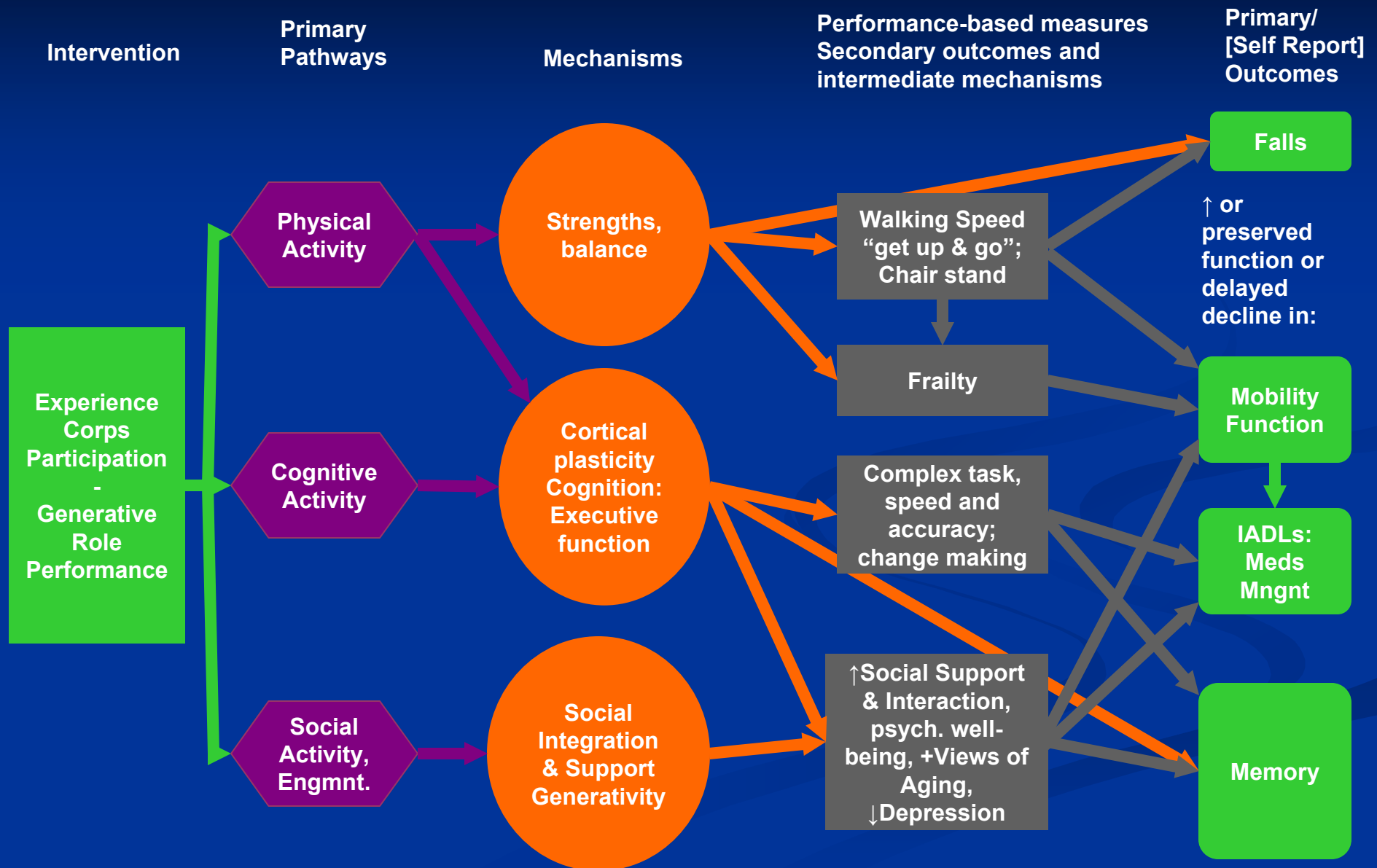


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Causal Pathway: Experience Corps®

Older Adult Outcomes



References on Experience Corps® Pilot Results

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