

# Elderly Cognitive Care

Sonia<sup>1</sup> and Simrat Kaur<sup>2</sup>

Assistant Professor, Department of Mental Health Nursing and Medical Surgical Nursing

Galgotias University

## **Abstract:-**

Ageing is natural unrestrictive and irreversible process and an age of change in all dimensions including physical, psychological, social and environmental. The decrement of this cognitive function is known as cognitive impairment. Old age is the age of cognitive impairment the time for action is now! as increasing age is the greatest risk factor for cognitive impairment as its prevalence rate is found high worldwide, and as the baby boomer generation passes age 65, the number of people living with cognitive impairment is expected to jump dramatically. The prevention and treatment of cognitive impairment has been an important need and responsibility of the health sector area. Cognitive stimulation therapy has been popular, cost effective and successful for improving cognitive function which is themed based multi component therapy which focuses on cognitive abilities and can be given by the professional nurses, an occupational therapist or a care giver. Current article throws a flash light on cognitive stimulation therapy as a therapeutic approach to stimulate cognitive functions in geriatrics.

Keywords: Cognitive Care, Cognitive Impairment

**Introduction:-** Cognition simply means to the psychological processes and activities related to understanding things, making judgment, memory and reasoning in comparison to emotional and volitional process. The decrement of this cognitive function (attention, memory, orientation and executive function) is known as cognitive impairment which change overall personality of the individual.

**Meaning and Causes of Cognitive Impairment:-** Cognitive impairment occurs because of number of causes. These causes may include increasing age, brain injury, medication side effects, hypertension, metabolic /endocrine derangement, protein deficiencies depression, delirium due to inter current illness, depression and dementia with neurodegenerative disorders and some idiopathic causes or unknown. Prevalence rate of decline in cognitive functioning is directly related with the age. Giri, et.al (2016) reported that prevalence rate of the decline cognitive function is very high in old age and old age is the age of cognitive impairment. Cognitive impairment can be classified in to various levels such as mild, moderate and severe based on the amount of impairment and at severe it may even leads to dementia and Alzheimer's dementia being most common cognitive impairment in elderly has number of sign and symptoms which affects life of both the person involved and their families.

**Problems occurred with poor cognitive functioning:-** Person with poor cognitive functioning face a number of problems like difficulty in holding attention both divided and selected, fall of processing speed, difficulty in organizing the task, decrease in ability of decision making skills, memory problems, difficulty in finding right words to express oneself, losing thinking and thoughts and even social withdrawal which eventually affect their activities of daily living. It is not possible to ignore variation in a person's attention, memory or overall personality as these all are impact of cognitive impairment which also effect person and their families.

**Prevention strategies:-** The prevention and treatment of cognitive impairment in has been an important need and responsibility of the health sector area. Currently approved medication for neurodegenerative disorders has discouragingly small effect on cognition and on diseases progression. Apart from the pharmacotherapy, there are other approaches and programs like occupational therapy, environmental approach, brain training, dietary plan, executive cognitive structuring program and cognitive stimulation therapy found effective in improving cognitive functions.

**Cognitive stimulation therapy** has been popular, cost effective and successful for improving memory function. It is themed based multi component therapy which focuses on cognitive abilities and can be given by the professional nurses, an occupational therapist or a care giver. Each session in it will cover a unique theme and topic. Corr,Kate.(2018) A testing has been done in twenty three homes and day care setting and result proved that cognitive stimulation therapy is fruitful to restructure and build the intellectual power and memory ability as similar as can of medicinal treatment given for loss or for treating the symptoms related with loss of memory

**Conclusion:-** It becomes very important to assess the cognitive fall in every ages with special emphasis in elderly as it is found linked with increasing age and to identify the problem they facing related to this which will provide the proper direction to plan cognitive stimulation programs and progressive strategies for sufferers thereby improving and boosting their mental health and overall standard of living in community.

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