

ORAL: EXERCISE IS A TOP 'PRESCRIPTION FOR OLDER ADULTS WITH MILD COGNITIVE IMPAIRMENT!

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Objective. There are few and contradictory findings on the effectiveness of different forms of exercise in maintaining motor and cognitive performance in older adults with mild cognitive impairment (MCI). In this RCT study, the effectiveness of various forms of exercise in a home setting combined with group training in individuals with MCI was investigated. **Method.** In this study, 95 older adults with MCI (75.0 ± 5.98 years) without recent previous athletic experience were divided into three experimental groups (EG): 1) endurance, 2) strength; 3) active cognitive training, and 4) a control group. The participants underwent a 26-week supervised home-based training in combination with group training in a local gym (1x/week for about 60 minutes each). In addition, there was a weekly round of talks for the participants and a monthly consultation hour (for relatives & care-takers). Motor and cognitive performance (e.g., Fullerton Advanced Balance Scale [FAB]; MOCA), falls-associated self-efficacy (ABC) and quality of life (SF36) were assessed. **Results.** The adherence to the study protocol was very good due to personal monitoring; the dropout rate was approx. 28%. All EG participants showed slight but not significant improvements in the MOCA score. There were significant improvements over time for the FAB, the Timed-Up- and-Go test and the CERAD score and significant interactions time x group for arm curls as well as for letter number sequencing and the block tapping test (with higher gains for the endurance and active cognition group). **Implications.** Although mild cognitive impairment is considered a high-risk factor for later Alzheimer type dementia, there is currently no drug treatment option. Our combined form of home and group training with the high level of personal contact time, implemented in the community is reflected not only in high acceptance, but above all as a cheap alternative pill to maintain or improve cognitive performance. The secret success, however, is the contact between the generations (participants, trainer) that continues beyond the end of the study.