
Cognitive and Aging Intervention Considerations Across the Care Continuum

SIG 15

INTRODUCTION

In the first article, “Cognitive Stimulation Program in Assisted Living Settings: Important Considerations and Findings From a 5-Week Program,” Baack and Parveen explore the impact of cognitive stimulation therapy (CST) on individuals living with mild-to-moderate and moderate-to-severe cognitive impairment. Each patient resides in an assistive living facility. The authors evaluate the group CST impact on quality of life, depression, cognitive scores, naming, and reading. The article explains that, although statistically significant differences are not identified at pre- and posttesting, there is value in the descriptive analysis of outcomes included, patient-reported enjoyment, maintained abilities, and variable improvement. Given the potential progression of cognitive disease processes and the limited sample size of the study, these findings offer important considerations for the inclusion of CST in treatment options for cognitive impairment and dementia.

In “Evaluation of Reminiscence Therapy on Language Outcomes Among People With Dementia,” Busch et al. provide evidence of the need for more research of effective interventions targeting degenerative cognitive communication disorders. In detail, the lack of research is provided, and the authors balance this comment with what has been identified as effective interventions including creative expression therapy and reminiscence therapy (RT). This study sets out to determine the effectiveness of a systematic RT framework as a speech-language pathologist–led intervention. All participants are residents of a memory care facility with a medical diagnosis of dementia. The RT program design includes two cycles with a 10-week break between Cycle 1 and Cycle 2, allowing the researchers to assess carryover between cycles. With the variability of dementia symptoms and the progressive nature of the disease, this article supports RT as an important intervention to continue to research, one that speech-language pathologists should consider in the development of treatment plans and intervention due to the evidence of maintained ability and positive participation.

Finally, Heape et al., in “Exploring Knowledge of Aging in Speech-Language Pathologists: A Follow-Up Empirical Study,” highlight the importance of evaluating and combatting implicit bias related to aging. Given the rising aging population and the rise in incidence of dementia in this population, the need for speech-language pathology intervention and evidence-based treatment intervention is emphasized. Evidence that ageist behaviors impact health care providers’ decision making and prescription of treatments is detailed. The importance of listening to and determining what matters most to the patient is critical in effective dosing and interventions. Speech-language pathologists’ attitudes on aging are assessed utilizing the 2015 version of the Facts on Aging Quiz, and the results are compared to previous studies. The research outlines little to no significant difference in the level of knowledge and bias related to aging over the past 20 years. The authors support the need for continued awareness and education related to aging, especially as it relates to the number of speech-language pathologists working with older adults continues to rise.

LEARNING OUTCOMES

You will be able to:

- describe the importance of a cognitive stimulation program for the treatment of various stages of cognitive disorders
- explain how reminiscence therapy impacts language and social participation in people living with dementia
- define “aging bias” and the steps to explore the impact of personal biases on clinical decision making

Assessment Type

Self-assessment—Think about what you learned and report on the Completion Form how you will use your new knowledge.

CONTENTS

Cognitive Stimulation Program in Assisted Living Settings: Important Considerations and Findings From a 5-Week Program by Robin Baack and Sabiha Parveen

Evaluation of Reminiscence Therapy on Language Outcomes Among People With Dementia by Cody Marie Busch, Lynn Gilbertson, and Kaia Feggestad

Exploring Knowledge of Aging in Speech-Language Pathologists: A Follow-Up Empirical Study by Amber B. Heape, Bethany Sandifer, and Emily A. Heape

PROGRAM HISTORY and IMPORTANT INFORMATION

Start date: November 14, 2025

End date: November 14, 2030

To earn continuing education credit, you must complete the learning assessment on or before **November 14, 2030**.



This course is offered for 0.25 ASHA CEUs (Intermediate level, Professional area).