

## Generalization of Results from Cognitive Stimulation Programs to Real Life: Is it Possible?

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### Abstract:

The effectiveness of cognitive stimulation in elderly from normal cognitive ageing to severe Alzheimer-type dementia has been a controversial issue. A Cochrane's systematic revision (Clare et al., 2003) found, in a meta-analysis of six randomized controlled studies, that all the studies failed to demonstrate the effectiveness of cognitive stimulation, which was considered to be a consequence of the methodological limitations of those studies (Clare & Woods, 2004). Conversely, Wilson et al., (2002) and Valenzuela and Sachdev (2006) showed the protective effects that cognitive stimulation may have in the course of the development of Alzheimer's disease development. Miotto et al. (2008) clearly stated that the purpose of cognitive stimulation is not to increase the scores of cognitive tests, but to directly improve the quality of daily life of Alzheimer patients and their caregivers. In a recent review, Diaz-Orueta, Buiza-Bueno, and Yanguas-Lezaun (2010) suggested how generalization of intervention results to "real-life situations" is the key factor of the efficacy of cognitive stimulation of both normal elderly people and Alzheimer patients when it comes to prevent and delay the development of cognitive decline associated to dementia.

