

**TITLE:** Mitigating cognitive decline and the trauma of gentrification among older African Americans

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**PRESENTER(S):** Patrice Fuller

**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** Researchers and program developers and evaluators

**ABSTRACT:** Background: For older African Americans, gentrification of Portland's historically Black neighborhoods induces stress, impacts self-perception, impedes ability to healthfully age in place and may contribute to their risk of Alzheimer's disease and related dementias. Purpose: The Sharing History through Active Reminiscence and Photo-Imagery (SHARP) study aims to preserve cognitive health through exercise and social engagement while celebrating African American culture. Methods: Twenty-one African Americans (7 with mild cognitive impairment (MCI)) aged >55 walked in triads 3x/week for 6 months within Portland's historically Black neighborhoods. Using a tablet, the SHARP application guided walks and recorded discussions about local Black history and culture. The Montreal Cognitive Assessment (MoCA) was administered pre/post-study. Mood, energy level, and participants' reflections were assessed at month 1, 3, and 6. Results: MoCA scores improved 1-6 points for 55% of participants, 40% of whom had MCI. Mood improved for 100%. Twenty-five percent had a 1-2-point decrease in days feeling downhearted/blue; 31% had a 1-4-point increase in energy level. Recording neighborhood memories helped reframe participants' social self-perception amidst gentrification. Implications: The SHARP approach may serve as a model to reaffirm self-perception and mitigate cognitive health risks of depression and isolation associated with the trauma of gentrification.

**OBJECTIVE(S):** Demonstrate a method that can reduce the cognitive effect of trauma from gentrification

Explain how social identity is one of the key components to cognitive health

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