

Objectives: The Neurology and Social Services proposed forming a group with older people, within the hospital for prevention. It is intended for participants to enable the promotion of their rights and prioritize accompaniment focused on the individual, from an interdisciplinary perspective.

Methods: The Group is called Conociendo-Nos, for people over 60 years of age, which is carried out in a hospital, with an open call for two hours per week. It consists of the participation of professionals who, using different strategies, address issues related to comprehensive health, promoting exchange, and learning about the group.

Results: The participation of older people in this type of activity has grown throughout these years, with minimal dropout. This contributes to keeping them physically, mentally and socially active, preserving functional capacity in ageing and promoting the generation of links between participants and the health system.

Conclusions: Although some older people have little experience participating in group activities, this space helps their inclusion from a gerontological perspective, promoting healthy ageing.

Keywords: Healthy aging. Workshops for older people. Group device. Interdisciplinary work

Free/Oral Communication:

FC1: Psychosocial Stressors and their Association with Brain Aging

Authors: Francisca S Rodriguez, Hans J Grabe, Stefan Frenzel, Johanna Klinger-König, Robin Bülow, Henry Völzke, Wolfgang Hoffmann

Introduction: Recently researchers started investigating brain aging and what factors can influence the way our brains age. As it is unclear at this point whether psychosocial stressor influence brain aging, the aim of the study was to investigate the association between psychosocial stress and brain aging.

Methods: Data from the German population-based cohort Study of Health in Pomerania (N = 991; age range 20–78 years) were used to calculate a total psychosocial stress score by combining sub-scores from five domains: stress related to the living situation, the occupational situation, the social situation, danger experiences, and emotions. Associations with brain aging, indicated by an MRI-derived score quantifying age-related brain atrophy, were estimated by using regression models adjusted for age, gender, education, diabetes, problematic alcohol consumption, smoking, and hypertension.

Results: High emotional stress came with a relative risk of 1.21 (CI95% = 1.04 – 1.41) for advanced brain aging in fully adjusted models. Mental health symptoms additionally influenced brain aging, as statistically significant interactions between emotional stress and mental health symptoms on advanced brain aging indicate.

Discussion: Among the psychosocial stressors that we investigated; emotional stress seems to be relevant regarding brain aging. More research is needed to explore the potential pathways.