



## CLSA Approved Project

### **Applicant**

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### **Project Title**

The association of number and type of languages with cognitive function in middle-aged and older adults: Longitudinal associations in the comprehensive cohort of the Canadian Longitudinal Study on Aging

### **Project Summary**

Cognitive function is fundamental to healthy aging, and thus identifying factors that help to maintain cognitive health and reduce the risk of cognitive impairment is key. One such potential protective factor is multilingualism; however, current evidence is contradictory. Most research has focused on the association between number of languages spoken and dementia in older adults (65+ years); little research has looked beyond number to types of languages. This study will address gaps in our knowledge of the association of number and type of languages with cognition by examining this association among middle-aged and older adults in the CLSA, and by focusing on cognitive impairment less severe than dementia. Identification of multilingualism as a protective factor for cognitive function provides a foundation for the development of language-based strategies to reduce the risk of cognitive impairment and promote healthy aging.

### **Keywords**

Multilingualism, Cognition, Epidemiology