



CLSA Approved Project

Applicant

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Project Title

Does social support availability promote cognitive function in middle-and older-aged adults?

Project Summary

We will examine whether social support availability affects cognitive function in middle-and older-aged adults. Social support availability is the extent to which individuals may draw upon other persons (family members, friends, neighbours, etc.) and communities (schools, churches, etc.) for help, care, and comfort in times of need. Cognitive function involves the mental processes (for example, memory, reasoning, planning) that allow people to function in life. Our work will suggest whether policies encouraging social support availability can benefit cognitive function and promote healthy aging in an era of aging populations.

Keywords

Aging, Cognitive function, Executive function, Functional social support, Memory, Social support availability