The Science of Resilience: Innovative Approaches Across Disciplines

Cognitive Resilience

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Initiatives Investigating Cognitive Resilience

- the Collaboratory on Research Definitions for Cognitive Reserve and Resilience - an NIA-funded effort to develop consensus on definitions for these terms
- the Northwestern University SuperAging Project – now an NIA-supported consortium with 5 other sites
- the Precision Aging Network – NIA-supported based at the University of Arizona to study normative cognitive aging across the lifespan
Colaboratory on Research Definitions for Reserve and Resilience in Cognitive Aging and Dementia

Yaakov Stern is the PI on this project

the colaboratory framework considered “Resilience” to be a general term subsuming concepts such as:

- Cognitive Reserve
- Brain Maintenance
- Brain Reserve


https://reserveandresilience.com
Emily Rogalski is PI on a new SuperAging Project: Study to Uncover Pathways to Exceptional Cognitive Resilience in Aging – collaboration with 5 additional sites

SuperAger Definition:

- a person at least 80 years or older
- epidodic memory performance on the Rey Auditory Verbal Learning Test similar to individuals in their 50s or 60s
- normal cognition for their age in other domains
The Northwestern University SuperAging Project

Example of story telling recall across age (cross-sectional)

Northwestern SuperAgers: greater brain volume in some regions
low proportion APOE4 carriers
enriched single nucleotide polymorphism in MAP2K3 gene
The Precision Aging Network

Carol A. Barnes, PI

• based at the University of Arizona

• other collaborators in Arizona, and in Georgia, Florida, Maryland, and Texas
Precision Aging® Network

Closing the Gap Between Cognitive Healthspan and Human Lifespan

Go to: MindCrowd.org
Cognitive Resilience

Resilience

Definitions of cognitive reserve

brain maintenance

brain reserve

SuperAgers

study based at Northwestern

Precision Aging Network

study base at University of Arizona