

Enriching Environments for Individuals with Mild Cognitive Impairment

Based on findings from
Hengst, Duff, & Jones (2019)

What is a communication environment?

Communication environments consist of the people we interact with, the places we interact in, and how long we interact with them. This environment is not specific to one place. It could be your home, the grocery store, or walking down the street.



Why should I create a rich communication environment?

Just like exercising our muscles, the more we work our brain the stronger it gets. The most efficient way to make sure that our brains are constantly being exercised is by putting us in an environment that requires us to learn, remember, think about new things, and develop new ideas.



Ways to Create a Rich Communication Environment:

- Ensuring access to books, magazines, or TV shows that support learning.
- Having conversations that use words, gestures, and multiple conversational turns for each partner.
- Having conversations that spark joy so that we aren't focused on time.
- Choosing activities require concentration but are still able to be carried out successfully (e.g. doing a puzzle, playing a game, discussing a book).
- Displaying things that support histories, experiences, and expertise (e.g. pictures of family members, diplomas, family vacations, or fun events).