

To whom the project is addressed

The Project is addressed to seniors, socially isolated by any means, living in nursing homes or at their own homes alone, as a group, potentially vulnerable of dementia process. Often, they are in deep depression with cognitive limitations and low well-being.

Rising incidence

The number of people having all kinds of dementia is rapidly growing as the population is ageing faster than ever. Alzheimer's Disease is creating problems not only for the families who should take care of the patients, but also for the governmental institutions that finance it. The longer we stay cognitively present, the fewer problems are generated.



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BRIDGE CAN SIGNIFICANTLY IMPROVE CLINICAL MARKERS PSYCHOLOGICAL WELL-BEING, DEPRESSIVE SYMPTOMS, AND COGNITIVE FUNCTIONING



Funded by the European Union

TAKING A BRIDGE OVER DEMENTIA VALLEY



The consortium

The “Bridge to the People” Foundation together with the Latvian Bridge Federation carried out bridge courses and a research in Poland and Latvia on the effects of teaching seniors the game of bridge.

Partners measured cognitive abilities, depression levels, and well-being using pre- and post-tests to assess changes resulting from the bridge courses.

Our Activities



Selection of locations

We randomly selected eight Nursing Homes, six in Poland and two in Latvia, plus an Alzheimer's Centre in Warsaw. In all the nursing homes, we offered a 20-week course in bridge, teaching first the simplified version and later the standard one.



Teaching materials and courses

Based on prior experience and a pilot research, professional teaching materials were prepared. Between April 1st 2025, and February 28th 2026, 8 20-week bridge courses were conducted in Nursing Homes, six in Poland and two in Latvia



Testing

Before and after the courses, we administered the Mini-Mental State Examination to assess cognition, the Geriatric Depression Scale to estimate depressive symptoms, and the WHO-5 test of well-being.

After collecting all the test results, statistical analyses were performed, confirming all our expectations strongly.

Goals

The findings indicate that the 20-week bridge courses were associated with significant and clinically meaningful improvements in psychological well-being, depressive symptoms, and cognitive functioning. The convergence of large effect sizes, MCID-consistent changes, and reliable improvement indices support the Project's practical relevance.

The results suggest that the 20-week bridge courses represent a promising multidomain intervention with potential applicability in mental health and cognitive support contexts.

