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| Supplementary Table 1. Subcategories within cognitive trajectories  |
| Trajectory  | N | Subcategories within the trajectory (% of each trajectory) |
| Fast Decliners  | 135 | Curvilinear(75%), zig-zag(19%), late decliners(6%) |
| Slow Decliners  | 127 | Curvilinear(47%), zig-zag(21%), late decliners(31%) |
| Zig-Zag Stable  | 66 | Improve then decline (36%), decline then improve (59%), double zig-zag (5%) |
| Stable  | 66 | No subcategories  |
| Improvers | 20 | Zig-zag (15%); unidirectional improvers (85%) |

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| Supplementary Table 2. Probability of remaining in a trajectory group at 5 years based on status in a given year. |
|  | 1st year  | Percent of the total sample  | 2nd year  | Percent of the total sample | 3rd year  | Percent of the total sample | 4th year  | Percent of the total sample | 5th year  | Percent of the total sample |
| Decliner groups (N=262) | 86%  | 21% | 90% | 30% | 91% | 44% | 92% | 54% | 100% | 63% |
| Stable/Improver groups(N=152) | 43% | 79% | 48%  | 70% | 59%  | 56% | 70%  | 46%  | 100% | 37% |