

Eli's Rehab Report

Research: Don't Brush Off Cognitive Training Too Soon

Occupational therapists and speech-language pathologists may be interested in a new study that shows seniors with memory impairment can still benefit from cognitive training. Such training could allow mildly impaired older adults "to maintain skills that allow them to carry out daily tasks and lead a higher quality of life," according to the National Institutes of Health-funded study published in the November 2007 Journal of the International Neuropsychological Society.

Study subjects who couldn't improve memorization could still improve reasoning and processing skills, found the study, which was conducted by an Indiana University-Purdue University at Indianapolis researcher.

"Research such as this is critical to discovering ways to help older individuals stay independent and take charge of their own lives and health for many years to come," said NIH's Patricia A. Grady in a release.

More information is at <http://www.nih.gov/news/pr/nov2007/ninr-30.htm>.