



A Plan For Senior Care's Guide For Brain Fitness

Studies show that mind fitness is an important part of our well-being, especially for seniors. Mind fitness helps with having a better recollection, faster reaction times and provides an overall sharper and more alert mind. A study done by the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) concluded that participants who worked on crossword puzzles four days a week showed a 47% lower risk of dementia, than those who only worked the puzzles once a week. Use our guide to learn exercises that you can help your senior and resources for mind fitness classes.



What is Mind Fitness: Mind fitness consists of exercises that make us think critically and challenge ourselves.

- Check your local senior centers for mind fitness events and classes they may hold. Events at senior centers are great to attend because your senior will be able to socialize with others, which also improves their mind fitness.
- At home, you can provide your senior with games such as Sudoku, crossword puzzles, word searches, riddles, chess, checkers, and card games.
- Online resources such as <http://www.lumosity.com> provide personalized mind tests and games which you can access on a computer from the web, iPhone, and Android phones.
- <http://www.brainmetrix.com/arrange-game> provides free online mind fitness games.
- When with your loved one, ask trivia questions. Discuss history and talk about past and current events.

Brain super foods such as blueberries, salmon, nuts and seeds, avocado and whole grains help maintain a healthy brain. Add these foods into your senior's diet along with adding mind fitness games into their lives.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.