

# Brain Training

Using Smart Devices



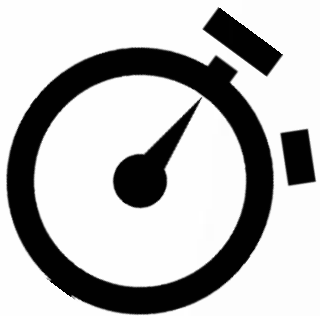
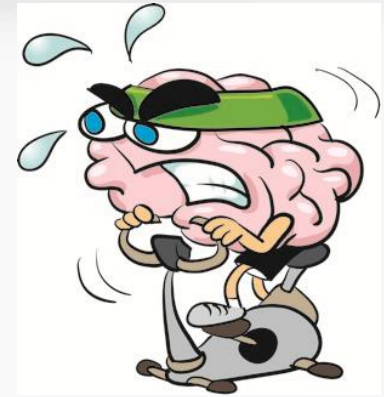
City of Bayswater



Seniors Tech Support

# What does it mean?

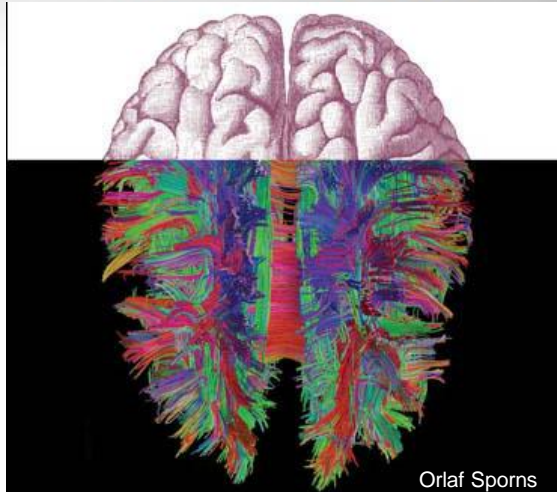
Training your brain is just as important as keeping physically fit.



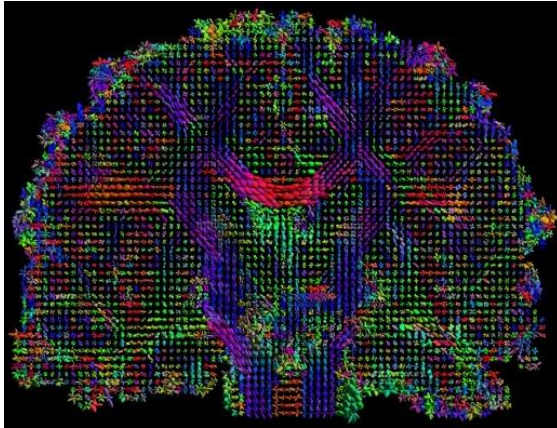
Studies show that with as little as one hour of brain training per week, you can improve the cognitive functions you use every day.



# Brain Chemistry 101

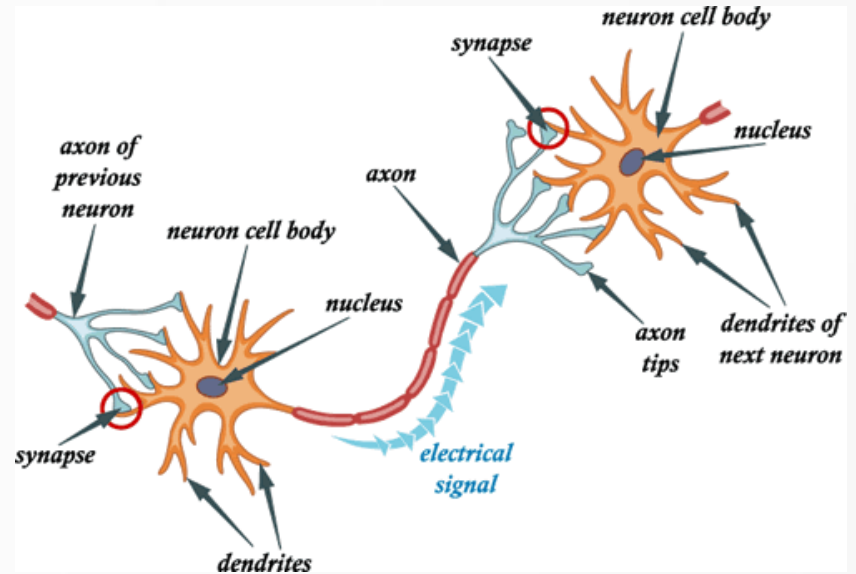


Orlaf Sporns



Connectome Project - Cross section

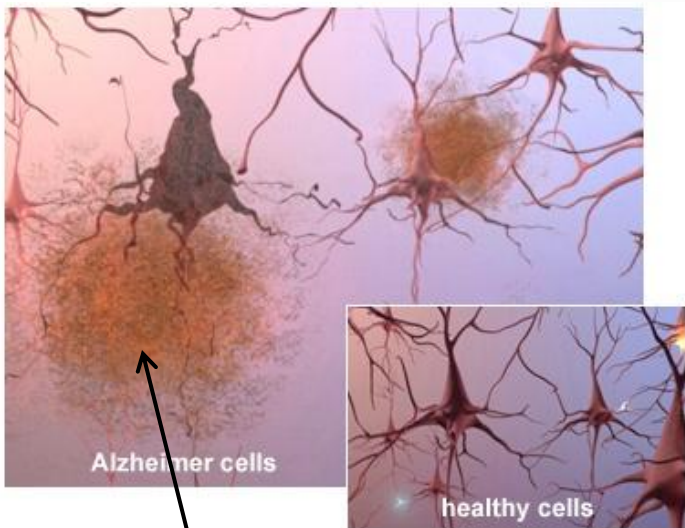
## Neurons, Axons & Synapses



- Average adult brain has 100 billion neurons
- Each connected to up to 10,000 other neurons
- Passing signals to each other via as many as 1,000 trillion synapses

# Use it or Lose it!

- As early as 30 years old we begin to lose neurons that affect cognitive function.



- Through physical and mental exercise, we can regenerate neurons (Neurogenesis) and create new pathways in our brains (Neuroplasticity).
- By creating new pathways, we can build up our Cognitive Reserve.
- Cognitive Reserve is our ability to resist or cope with damage to the brain.



# Some Statistics

- It is predicted that 1/3 of all seniors will die with Alzheimer's



- It is estimated that 36 million people worldwide have Alzheimer's.
- This is expected to triple in 40 years
- In the USA alone – someone develops Alzheimer's every 67 seconds.

# Main Cognitive Functions

We need to train in each of these areas:

- Memory
- Attention – Concentration
- Language
- Visual-spatial skills
- Executive Function - Analysis

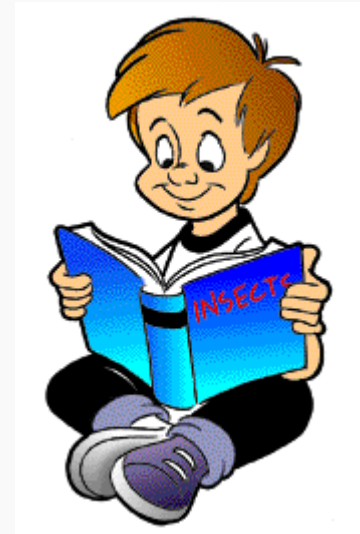
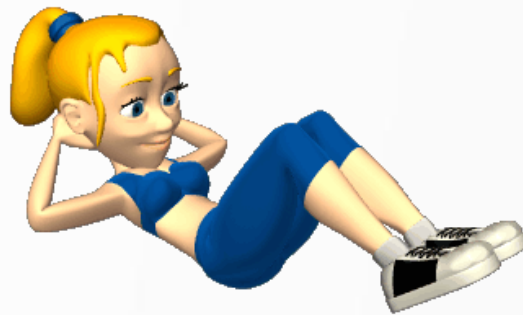




# Some Options

## Simple things you can do now

- Learn something new (often!)
- Read
- Talk
- Exercise
- Eat right
- Play games



# Some Games

Let's try some games...

- Lumosity
- Brain Lab
- Elevate
- Fit Brains
- Brain HQ
- Brain Workshop
- Sudoku
- Words with Friends
- Hangman Free
- 7 Little Words
- Whirly Word
- Checkers
- Noon (2 player)
- 100 Balls
- Letris
- Lyne
- Two Dots
- 64
- Chinese Checkers
- Remember Me
- Simon
- Where's My Water



# More Tips

## Simple things you can do now

1. More Sex (memory neurons)
2. Drink some alcohol
3. Avoid sugar and watch levels (high resistance is related to Alzheimer's)
4. Play computer games (hand eye coordination)
5. Less TV (overload)
6. Physical exercise regularly (can actually reverse decay)
7. Eat (less processed) natural foods
8. Eat more fish
9. Fight inflammation (allergies, predisposition to colds)
10. Quit smoking
11. Drink coffee
12. Spend time problem solving on your own
13. Stay hydrated
14. Swimming (holding breath improves blood flow to the brain)
15. Avoid negativity
16. Learn a new skill
17. Go walking
18. Listen to music or better still play an instrument
19. Practice your memory
20. Sleep well
21. Multi vitamins
22. Deal with stress
23. Meet more people in person and using social media

# Be Inspired

I am still learning.

- Michelangelo  
at age 87

## Thank you!



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