

Applied study on mental training for elderly persons without cognitive impairment

Rachele Nanni¹, Valentina Casadei², Valentina Belli³

The aim of this study was to investigate the short-term effects of *cognitive stimulation* interventions in a sample of elderly persons characterised by normal cerebral aging and without any of the typical symptoms of pathological cognitive impairment.

The interventions were focused on the activation of skills, providing techniques and strategies for daily living tasks as support for the maintenance of good cognitive functioning. The study conducted indicated satisfactory training intervention efficacy in terms of improved comprehensive cognitive functioning. As regards particular functions considered individually, there was significant improvement in memory functions, especially in verbal, topographic and prospective memory, in language and reasoning. The results obtained were consistent with the types of activities proposed during the training courses, as the exercises were strongly focused on language fluency, on the utilisation of deductive logic strategies for the organisation of narrative material, and on attention training.

¹*Servizio Assistenza Anziani – AUSL di Ravenna. Via Fiume abbandonato 134 – 48100 Ravenna. Tel: 0544-286628 – Cell 347-1211409*

E-mail: r.nanni@libero.it

²*Servizio Assistenza Anziani AUSL di Ravenna*

³*Facoltà di Psicologia Università di Bologna*

La pubblicazione dei dati viene autorizzata dal Dr. Maurizio Piolanti, Responsabile del Servizio Assistenza Anziani, Distretto di Ravenna, AUSL di Ravenna.