

WHAT IS MILD COGNITIVE IMPAIRMENT?

Mild cognitive impairment (MCI) is a degeneration of the cognitive functions which causes changes that are serious enough to be noticed by the individuals themselves or by people around them, but the alterations are not severe enough to interfere with daily life. Approximately from 15 to 20 % of people aged 65 or older have MCI and its prevalence increases with the population age.

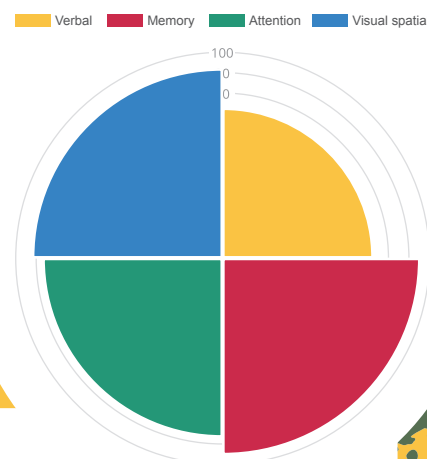
WHAT CAN BE DONE TO PREVENT IT?

In the last years, a growing attention has been paid to lifestyle interventions. Cognitive Training seems to be effective in preventing cognitive decline or in delaying its progression. With this aim, several gaming platforms have been designed in which users can train their brain. They specifically target some aspects of cognition (cognitive domains).

WHAT ARE THE COGNITIVE DOMAINS?

The cognitive domains are distinct types of functions which the brain uses to execute behaviours. They include Attention, Language, Visuospatial skills, Motor skills, Executive functions, Memory, Knowledge.

Particularly, a recent research shows that there are four domains where computerized cognitive training is significantly effective in preventing or delaying cognitive decline.



ACDC GAMES PLATFORM

By playing ACDC games platform, you will find that they concern these four areas, namely:



VERBAL AREA



MEMORY



ATTENTION



VISUOSPATIAL
SKILLS

How to join the platform

To join the ACDC platform, play the games and prevent cognitive decline you only need to register, log in, click on "Read before playing" and... play!