

# A STUDY TO ASSESS THE EFFECTIVENESS OF BRAIN TRAINING ON COGNITIVE IMPAIRMENT AMONG ELDERLY, RESIDING IN SELECTED OLD AGE HOMES.

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## Introduction

The cognitive functions of every individual are to be treasured and are to be maintained to its optimal functioning. Moderate and severe forms of cognitive impairment among the elderly need medical assistance for its cure, where as mild cognitive impairment may be rectified to a certain level by involving the individual in activities that stimulate the brain like learning, reading and that involves concentration.

## Objectives

1. Identify the cognitive impairment among the elderly.
2. Determine the effectiveness of brain training on cognitive impairment among the elderly.
3. Associate the cognitive impairment with specific demographic variables of the elderly.

## Methodology

A Quasi experimental design – pre and posttest with control group was used. The study was conducted in selected old age homes at Chennai. The total sample size was 40 with 20 elderly in the study and the control groups respectively. The sampling technique used was non – probability convenience sampling. The tool used in this study consists of two sections: section-I of demographic variables. Section-II of Montreal Cognitive Assessment Scale Which was designed as a rapid screening instrument for mild cognitive dysfunction. It is a standardized tool which assess different cognitive domains like attention and concentration , executive functions, memory, language, visuoconstructional skills, conceptual thinking, calculations, and orientation.

## Findings

There was a statistically significant difference on cognitive impairment among the study group which was significant in the posttest at the level of  $P < 0.001$ . The mean comparison of overall scores on cognitive impairment showed a pretest mean value of 20.10 and the posttest mean value of 22.25 and the P value was 0.001 which was statistically significant at  $P < 0.001$  level among the study group.

## Conclusion

In conclusion, The study revealed that brain training was found to be effective among elderly with cognitive impairment. Therefore the hypothesis was retained.