



# Brain Puzzles For Older Adults: Keep Your Mind Sharp

*Kalman Toth M.A. M.PHIL.*

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## **Brain Puzzles For Older Adults: Keep Your Mind Sharp** Kalman Toth M.A. M.PHIL.

Best Seller Puzzle book for seniors. Increase the senior brain's effective IQ with daily puzzle solving. Senior IQ (Intelligence Quotient) is considered the leading determinant of healthy mind & body. This puzzle book is specifically designed for older adults with good health or with some health conditions. Even the person who may have not done puzzles in the past may enjoy this brain activity. The puzzles have been simplified for senior success. Adults with good cognitive functions can do the harder puzzles provided in this book. There are also easier puzzles. For example, word search puzzles have a checklist. Solvers simply have to checkmark the list and circle the words. Intelligence Quotient – IQ – is a scientific assessment of an individual's intelligence. A person's IQ derives from measuring problem solving abilities, memory, general knowledge, and spatial imagery. Alzheimer's, Parkinson's, and stroke patients used to have an effective (everyday) IQ of 100-120. Now, due to brain chemistry, their effective IQ maybe below 100 and can be as low as 70 depending on the stage of the health condition. The goal is to keep effective IQ as high as possible in the damaged brain, and working puzzles can help. A puzzle can help stimulate brain thinking, memory, and brain activity. The variety found in this book is essential for achieving the greatest benefit from puzzle solving. Seniors gain the most value from solving the first puzzle of a particular type. Once a number of the same type of puzzle is completed, the senior needs to move to a different type of puzzle. Generally, the senior will need to have assistance from a caregiver or family member. Caregivers of seniors have reported positive results when using puzzles, including giving the senior a sense of accomplishment and opening doors for communication between the senior and the caregiver. Family members and friends provide a familiar setting that may encourage more frequent participation in puzzle solving activities. A stroke survivor can enjoy building skills by working a simple puzzle with a spouse or grandchild without even thinking of it as therapy. Benefits of Puzzles Puzzles are widely accepted as brain exercises that can help slow down the progression of Alzheimer's disease and other brain degradation problems. Word puzzles require several mental activities. Working puzzles promotes thinking and stimulates the brain. The mind is encouraged to exercise. Cognitive skills are sharpened. Focus and attention are improved. Puzzles require brain exertion (exercise). Therefore, puzzles improve memory and encourage better brain function. This can lead to improved concentration and memory. The brain is resilient and malleable, so people can slow down the progression of dementia and increase their cognitive ability by stimulating brain activity. One way is to do so is to work word find or word search puzzles because they involve hunting and comparing words, spelling, logic of space and placement, and rational thinking. Word puzzles have been proven to stimulate memory. When the puzzle solver tries a possible solution and it does not work, they need to remember the wrong attempt so that they do not retry a wrong answer.

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