

Means to improve cognition in healthy elderly and patients with mild cognitive impairment - from training to non-invasive brain stimulation

Initiative: zukunft.niedersachsen (nur ausgewählte Ausschreibungen)

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According to the EC Special Report (www.ageconcern.org.uk), till 2030 about 40% increase of the elderly population (older than 65 years) is expected. Because of chronological aging is very frequently accompanied by declined cognition, in particular worsening of memory functions, it is predictable that more individuals will suffer from cognitive deficits. The cognitive decline reaches medical attention for about 5-25% of the elderly population, when the patients get the diagnosis of 'Mild Cognitive Impairment'(MCI). MCI refers to as an intermediate phase between the expected cognitive decline of normal aging and the pathological cognitive decline linked to dementia. In recent years, a new viewpoint argues that substantial improvement in cognitive function can be reached even in older age, using appropriately designed training programs. In this project the scientists propose a potential intervention that might delay the onset of dementia by maintaining cognitive performance in general and improving in MCI in particular. The approach is to employ cognitive enhancement protocols, such as the combination of non-invasive, low intensity electrical stimulation methods and memory training, aiming to preserve and ultimately improve cognitive abilities in MCI and healthy elderly.

Projektbeteiligte

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