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Brain@Home: Moving and enhancing brain training

Achieving long lasting mind fitness of elderly people with the use of various online games in a virtual environment.
Providing constant clinical review of the results to prevent mental illness and detect risks of cognitive problems.

Issues Faced

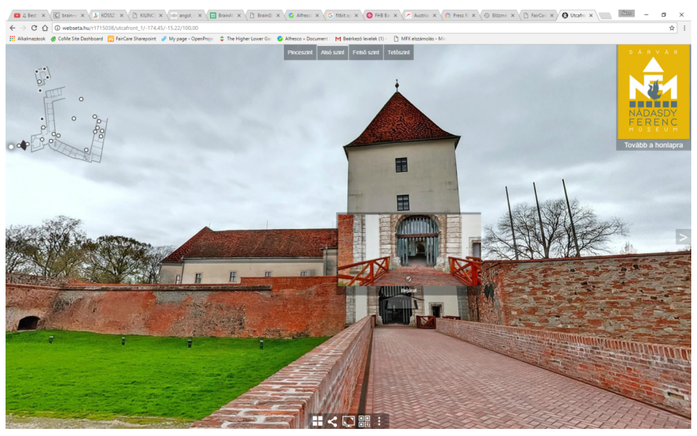
- The aging process is very complex, without a direct link between physical and mental skills, so helping a single person needs to be done on a unique manner to his individual requirements.
- There's a big interest for self-management aiming to prevent mental illnesses and keeping not only the body but also the mind fit.

Key Objectives

- Developing an IT-based platform through which the elderly shall have access to a motivating, interesting and entertaining environment, which will help them train their brain and get involved in physical activities in a safe space, their own home.
- Carrying out an analysis on improvement of the general health condition, quality of life and cognitive status.

Main Results

- Improving the quality of life of elderly people
- Improving cognitive and mental functions, just as to detect risks for cognitive decline
- Special monitoring of cognitive functions with the involvement of clinical professionals.
- Constant use of the platform with various types and difficulties of games in the three main areas of attention, memory and executive functions.



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