

Online brain games can 'beef up' the elderly brain's ability to multitask, study shows

A University of California, Irvine-led study has found that online brain game exercises can enable people in their 70s and even 80s to multitask cognitively as well as individuals 50 years their junior. This is an increasingly valuable skill, given today's daily information onslaught, which can divide attention and be particularly taxing for older adults.

"The brain is not a muscle, but like our bodies, if we work out and train it, we can improve our mental performance," said lead author Mark Steyvers, a UCI professor of cognitive sciences. "We discovered that people in the upper age ranges who completed specific training tasks were able to beef up their brain's ability to switch between tasks in the game at a level similar to untrained 20- and 30-year-olds."

The findings, published in [Proceedings of the National Academy of Sciences](#), underscore the cognitive cost of multitasking, which dilutes function by splitting focus, as well as the ways in which people across the lifespan can overcome the brain drain brought on by both the increasingly cluttered multimedia environment and the natural aging process.

Read full, original post: [Online brain games can extend in-game 'cognitive youth' into old age, UCI-led study finds](#)