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El juego como herramienta de Intervención Cognitiva en el abordaje de adultos y adultos mayores con déficits mnésico- cognoscitivos. Presentación, creación y diseño de dispositivos.

Maria de los Angeles Andrada, María Laura Logullo, Silvana Pedernera, Bettina Roumec
Universidad Nacional de Mar del Plata, Mar del Plata, Argentina

Introduction

Among the problems associated with the phenomenon of demographic transition are the short-term memory. There are many different proposals for cognitive intervention, whose benefit is based on the concepts of Neuroplasticity and brain reserve.

Despite the diversity, the absence of some methodological rigor and the deficient conceptual frameworks, complex to check the effectiveness of such devices.

CONECTO is a team, one of its projects is the creation and design of game devices according to the Technological Institute of the Toy suggestions (AIJU) with support from the IMSERSO and the Institute of Biomechanics of Valencia (IBV) and its implementation on the issues mnesic disorder, cognitive disorders in adults and older adults.

Objectives

- Create spaces for reflection on professional practice in the area of cognitive intervention.
 - Produce systematized knowledge on informal interventions on the mnesic - cognitive disorders.
- Promote transfer of knowledge to the different social actors involved in promoting quality of life of older people through the production of goods and services.

Description / Report

Cognitive interventions can be divided into structured and informal. Involvement in pleasurable activities, including the game, has been associated with decreased risk of dementia. However, it is seldom used or implemented in a discontinuous way on the professional field. In relation to the valuation of the game by the elderly, it is found that the image they have of it, as well as life-history, and the scant dissemination of the benefits of that activity; limit the immediate perception of the usefulness of it.

Conclusion

It is considered that the leisure activity has the possibility to encourage the different mnesic disorders and cognitive function, based on the principle of brain plasticity, through play, in a space of freedom that promotes socialization and psychological underpinnings.

Contribution to the practice

The creation and design of devices of intervention based in need of an age group, scientific data and a solid theoretical framework.