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**Simple recreation games can help cognition and behavior**

**By Linda Novick, MS, Low Dementia Support**



The behavioral effectiveness of adults with Alzheimer's disease (AD) can also be the behavioral decline of their caregiver skills. Therefore, caregivers that have memory or cognitive skills may reduce behavioral problems as well.

A study in the American Journal of Geriatrics Therapy confirms that this is possible. First, we teach cognitive games, which we teach from behavioral effects on cognition, but also on cognition, behavior, and quality of life. We do this to ensure independence for a longer period of time.

This evidence was created by a team of researchers led by professor Linda Novick, at the University of South Carolina. She received a grant from the Alzheimer's Association to study the potential, based on data on the effectiveness of the caregiver's cognitive skills, to help improve the caregiver's cognitive skills.

The study was also based on data from the caregiver's cognitive skills. The study was based on data from the caregiver's cognitive skills. The study was based on data from the caregiver's cognitive skills.

**Which games?**

Cognitive games don't need to be overly complicated. In fact, some that are the most effective are simple. Here are five examples of simple games that can help improve cognition and behavior.

- **Shuffle a deck of cards and deal them out.** Deal them out.
- **Deal a hand of cards and deal them out.** Deal them out.
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