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Brain Puzzles For Alzheimer's, Parkinson's & Stroke Patients

Kalman Toth M.A. M.PHIL.

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Over 2500 interesting light puzzles! #1 Best Seller Puzzle Book for Alzheimer's, Parkinson's & stroke patients. Also for healthy senior adults for effective IQ boost! Feedback: "This is the first book I've been able to find that actually works for the population it is targeting: seniors who are at least moderately mentally impaired. The puzzles are just about the right difficulty: they are stimulating enough to be a somewhat of challenge for mentally-impaired seniors, but not so difficult such that the senior cannot do 5% of the puzzles, and even the person who got them the book has trouble helping them. I've noticed that the vast majority of other books labeled with something like "easy crosswords/puzzles for seniors" are quite difficult even for enlightened middle-aged adults who are in the prime of their mental capacity, and unrealistic for most seniors in their 70s/80s/90s, while downright impossible for seniors with any level of mental impairment beyond what is expected for their age ... this book would be pretty close to perfect, and it is definitely worth the price." In the near future, ARTIFICIAL INTELLIGENCE will find cure for Alzheimer's, Parkinson's and stroke. Until that time it is important to slow down the progress of the disease. This puzzle book is specifically designed for those with Alzheimer’s or Parkinson’s disease and stroke patients struggling with dementia. Even the person who may have not done puzzles in the past may enjoy this brain activity. The puzzles have been simplified for patient success. Early stage patients can do the harder puzzles provided in this book. There are also easier puzzles. For example, word search puzzles have a checklist. Solvers simply have to checkmark the list and circle the words. Intelligence Quotient – IQ – is a scientific assessment of an individual’s intelligence. A person’s IQ derives from measuring problem solving abilities, memory, general knowledge, and spatial imagery. Alzheimer’s, Parkinson’s, and stroke patients use to have an effective (everyday) IQ of 100-120 Now, due to brain chemistry, their effective IQ is below 100 and can be as low as 70. The goal is to keep effective IQ as high as possible in the damaged brain, and working puzzles can help. A puzzle can help stimulate brain thinking, memory, and brain activity. The variety found is this book is essential for achieving the greatest benefit from puzzle solving. Patients gain the most value from solving the first puzzle of a particular type. Once a number of the same type of puzzle is completed, the patient needs to move to a different type of puzzle. Generally, the patient will need to have assistance from a caregiver or family member. Caregivers of patients have reported positive results when using puzzles, including giving the patient a sense of accomplishment and opening doors for communication between the patient and the caregiver. Family members and friends provide a familiar setting that may encourage more frequent participation in puzzle solving activities. A stroke survivor can enjoy building skills by working a simple puzzle with a spouse or grandchild without even thinking of it as therapy. Benefits of Puzzles Puzzles are widely accepted as brain exercises that can help slow down the progression of Alzheimer’s disease and other brain degradation problems. Word puzzles require several mental activities. Working puzzles promotes thinking and stimulates the brain. The mind is encouraged to exercise. Cognitive skills are sharpened. Focus and attention are improved. Puzzles require brain exertion (exercise). Therefore, puzzles improve memory and encourage better brain function. This can lead to improved concentration and memory. The brain is resilient and malleable, so people can slow down the progression of dementia and increase their cognitive ability by stimulating brain activity.

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