

A Multitasking Video Game Makes Old Brains Act Younger

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The New York Times:

There may be a new market for video games: octogenarians. Brain scientists have discovered that swerving around cars while simultaneously picking out road signs in a video game can improve the short-term memory and long-term focus of older adults. Some people as old as 80, the researchers say, begin to show neurological patterns of people in their 20s.

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David E. Meyer, a professor of psychology at the University of Michigan and an expert in attention and aging, said the use of brain measurement tools offered important evidence that something was changing inside the brain.

“The public and even hard-nosed scientists have this tendency to accept conclusions through the mechanism of ‘seeing is believing,’ ” Dr. Meyer said. “This provides some ‘seeing.’ ”

Read the whole story: [*The New York Times*](#)