

[Online library] The Aging Mind: Opportunities in Cognitive Research

The Aging Mind: Opportunities in Cognitive Research

Committee on Future Directions for Cognitive Research on Aging, Cognitive, and Sensory Sciences Board on Behavioral, National Research Council, Committee on Future Directions for Cognitive Research on

Aging

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#3785253 in Books 2000-05-01 Original language: English PDF # 1 9.00 x .75 x 6.051, 1.04 #File Name: 0309069408288 pages | File size: 42.Mb

Committee on Future Directions for Cognitive Research on Aging, Cognitive, and Sensory Sciences Board on Behavioral, National Research Council, Committee on Future Directions for Cognitive Research on Aging : The Aging Mind: Opportunities in Cognitive Research before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Aging Mind: Opportunities in Cognitive Research:

0 of 0 people found the following review helpful. The aging mind reviewBy Silvia Mejia ArangoThe Aging Mind offers a global view on what is and should be the research on cognition in aging. It's a framework that integrates the most relevant areas of research and proposes specific actions to improve understanding of the aging mind and develop actions for promoting health in the aging elder. This book helps anyone that wants to do research on cognitive aging.

Possible new breakthroughs in understanding the aging mind that can be used to benefit older people are now emerging from research. This volume identifies the key scientific advances and the opportunities they bring. For example, science has learned that among older adults who do not suffer from Alzheimers disease or other dementias, cognitive decline may depend less on loss of brain cells than on changes in the health of neurons and neural networks. Research on the processes that maintain neural health shows promise of revealing new ways to promote cognitive functioning in older people. Research is also showing how cognitive functioning depends on the conjunction of biology and culture. The ways older people adapt to changes in their nervous systems, and perhaps the changes themselves, are shaped by past life experiences, present living situations, changing motives, cultural expectations, and emerging technology, as well as by their physical health status and sensory-motor capabilities. Improved understanding of how physical and contextual factors interact can help explain why some cognitive functions are impaired in aging while others are spared and why cognitive capability is impaired in some older adults and spared in others. On the basis of these exciting findings, the report makes specific recommends that the U.S. government support three major new initiatives as the next steps for research.

About the AuthorPaul C. Stern and Laura L. Carstensen, Editors; Committee on Future Directions for Cognitive Research on Aging, Board on Behavioral, Cognitive, and Sensory Sciences, National Research Council