



# Ludomemo: Ejercite su memoria (Color) (Tercera Edad n° 31) (Spanish Edition)

*Maité Carroggio Rubí*

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La memoria es la capacidad cognitiva básica para adquirir, retener y recuperar información y acontecimientos acaecidos con anterioridad. La pérdida benigna de la memoria es una de las quejas más usuales entre las personas mayores; sin embargo, con la práctica habitual de actividad física y de entrenamiento de la memoria se consigue mantener esta cualidad en condiciones óptimas.

En este manual, junto con el CD que lo acompaña, encontrará un programa de ejercicios, agrupados en 10 sesiones. En cada una de las sesiones se presentan cinco ejercicios que responden a diferentes tipos de trabajo de la memoria: atención, lenguaje, sensorial, imaginación y percepción espacial.

Los ejercicios pueden realizarse en papel o con el CD en el ordenador. Los dos formatos siguen la misma estructura y contemplan las mismas propuestas.

Para realizar los ejercicios del libro, solo necesita un lápiz o bolígrafo.

Para ejecutar el programa de ejercicios del CD, necesita un ordenador y nociones muy básicas de informática. Su realización es muy sencilla y si va siguiendo las indicaciones no tendrá ningún problema. No necesita estar conectado a Internet ni necesita tener un profesor a su lado.

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