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Aktives Gedächtnistraining für Senioren

Die besten Bewegungsübungen, um Kopf und Körper fit zu halten

Fit und selbstständig sein im Alter – das möchten alle. Doch oft ist es nicht so einfach. Dabei ist körperliche und geistige Fitness bis ins hohe Alter trainierbar.

Dieses Buch zeigt Ihnen, wie es geht, und bei den 70 Übungen (z.T. mit Kopiervorlagen) ist wirklich für jeden etwas dabei. Ob Fingerspiele, Koordinationsübungen, Bewegungsspiele mit und ohne Materialien – hier wird wertvolles Gedächtnistraining mit kleinen Bewegungsaufgaben verbunden. Auf diese Weise werden neben der Konzentration, Wahrnehmung und Merkfähigkeit das Gleichgewicht, die Reaktion und Koordination und vieles mehr gefördert.

Alle Übungen sind praxiserprobt und leicht umzusetzen. Die Grundübungen werden dabei um mehrere Varianten ergänzt, so dass die unterschiedlichen Fähigkeiten der Mitmachenden berücksichtigt werden können. Dadurch sind die Übungen passend für jede Seniorengruppe und auch in der Einzelbetreuung einsetzbar.

Die Autorinnen

Agnes Boos arbeitet seit über 20 Jahren als ausgebildete Gedächtnis- und Bewegungstrainerin. Ihre Tätigkeitsschwerpunkte sind Seminare und Vorträge für Berufstätige und Lernende zu Merktechniken und Gehirntraining sowie Kurse zur geistigen und körperlichen Aktivierung von älteren Menschen mit und ohne demenzielle Erkrankungen.

Karin Platje ist staatlich anerkannte Altenpflegerin, Gedächtnistrainerin und Ausbildungsreferentin des Bundesverbands Gedächtnistraining e.V. Sie ist seit vielen Jahren als Demenzcoach für verschiedene Aus- und Fortbildungseinrichtungen sowie im Gruppen- und Einzelcoaching erfolgreich tätig.



Arbeitsgedächtnistraining Alltagstransfer Bei Kindern Erwachsenen

R Sandford



Arbeitsgedächtnistraining Alltagstransfer Bei Älteren Erwachsenen:

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