



Cognitive Stimulation for **Elderly** Care Homes

www.cognifit.com/nursing-homes

Introduction

With the **aging of the population**, elderly care homes face the challenge of **maintaining the autonomy, quality of life, and emotional well-being** of their residents.

Cognitive training is presented as a **key tool** to preserve and improve mental abilities in older adults.

CogniFit offers a **scientifically validated platform** that allows the implementation of personalized cognitive stimulation routines, which are **accessible** and **measurable**.

Below are the results of studies conducted with older adults that demonstrate their effectiveness and ease of use.

Internal Study Results: Significant Cognitive Improvements

2019-2020

Study with Users Aged **60-70 Years**:

Sample



418
Users
+50
sessions

Frequency



3x
per week
for
4
months

Result

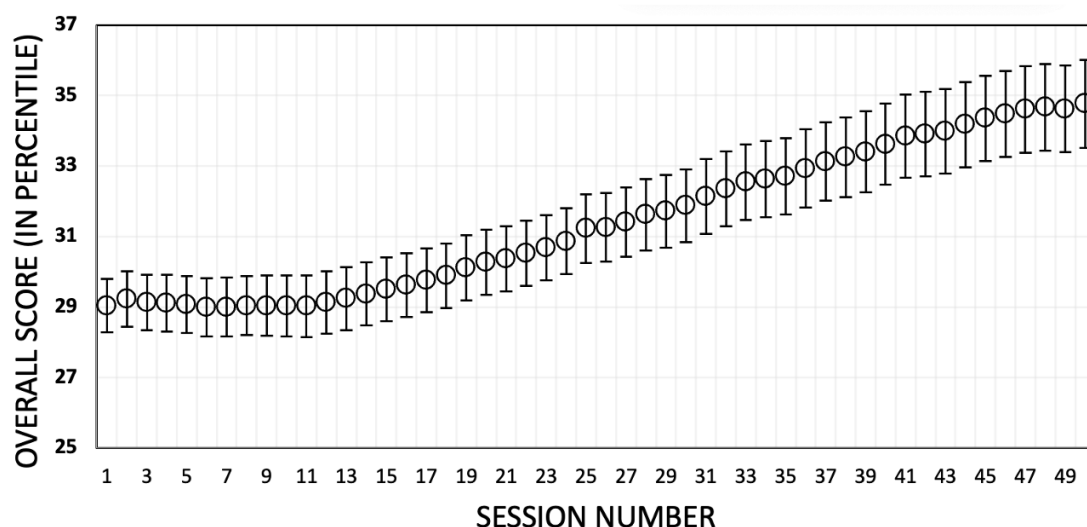


+20%
improvement
in cognitive
performance
compared to
baseline

Key Benefits:



- Improvements in **memory, attention, and concentration**;
- Increased **confidence** in daily activities;
- **Reduced stress** from frequent forgetfulness



2022-2024

Study with Users Aged 50-92 Years:

Sample

1125
Adults



with an
average
age of

61.6
Years
Old

Result



After 50 sessions

40.6%
Overall Improvement

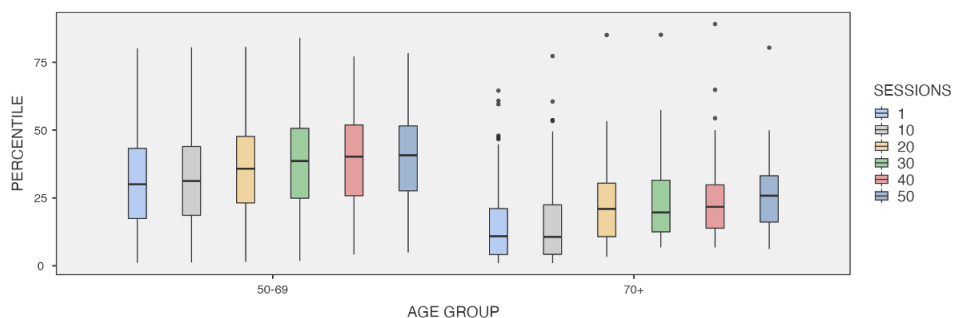
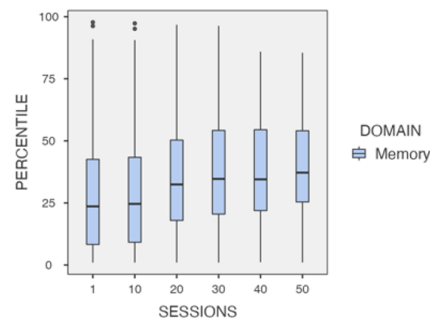
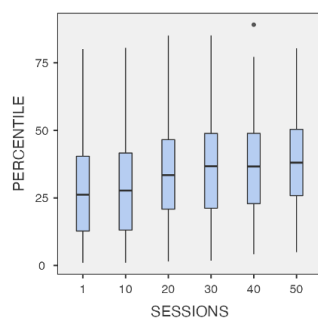
+47.1%
Memory
+68.2%
Coordination

Benefits



Older adults over 70 years old
experience **greater benefits**
due to a lower cognitive
baseline at the start.

Sessions	General	Attention	Memory	Perception	Reasoning	Coordination
Initial Evaluation	Percentile 27.6	Percentile 31.5	Percentile 27.4	Percentile 28.1	Percentile 31.8	Percentile 19.5
After 10 sessions	Percentile 28.6 (+3.6%)	Percentile 32.1 (+1.9%)	Percentile 28.2 (+2.9%)	Percentile 28.7 (+2.1%)	Percentile 32.9 (+3.5%)	Percentile 20.9 (+7.2%)
After 20 sessions	Percentile 34.1 (+23.6%)	Percentile 36.4 (+15.6%)	Percentile 34.8 (+27.0%)	Percentile 33.4 (+18.9%)	Percentile 39.3 (+23.6%)	Percentile 26.6 (+36.4%)
After 30 sessions	Percentile 36.2 (+31.2%)	Percentile 37.7 (+19.7%)	Percentile 37.4 (+36.5%)	Percentile 35.4 (+26.0%)	Percentile 40.6 (+27.7%)	Percentile 29.7 (+52.3%)
After 40 sessions	Percentile 36.8 (+33.3%)	Percentile 38.9 (+23.5%)	Percentile 38.0 (+38.7%)	Percentile 36.0 (+28.1%)	Percentile 40.6 (+27.7%)	Percentile 30.6 (+56.9%)
After 50 sessions	Percentile 38.8 (+40.6%)	Percentile 40.8 (+29.5%)	Percentile 40.3 (+47.1%)	Percentile 38.3 (+36.3%)	Percentile 41.8 (+31.4%)	Percentile 32.8 (+68.2%)



Ease of Use and Positive User Experience

Average Age



71.7
years old

Ease of Use



89%
said it was easy or very easy to use

Content Suitability

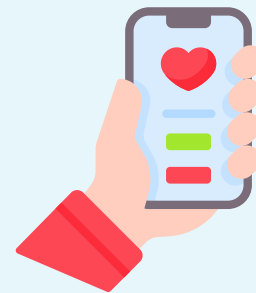
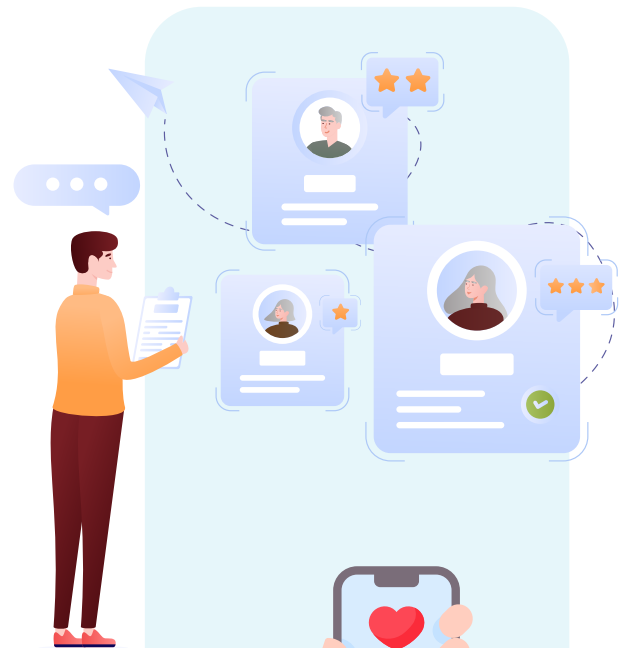


82%
found the training appropriate for their abilities

Variety and Design



★★★★★
Highly Rated



86%
Would recommend the program



81%
Would use it again

External Scientific Support

The effectiveness of **CogniFit** is also supported by multiple published scientific studies:



Bahar-Fuchs et al. (2020):
Cognitive improvement in older adults at risk of dementia.



Haimov & Shatil (2013):
Improved executive functions memory, and sleep.



Marusic et al. (2022):
Benefits in mobility and neural activation.



Benefits for Elderly Care Homes



For Residents:

- Greater autonomy and self-esteem
- Prevention of cognitive decline
- Structured and motivating activity



For Management and Staff:

- Competitive differentiation through an innovative service
- Tools for progress tracking
- Easy implementation and customization

Conclusion

CogniFit is more than just a digital tool - it is a **proven, effective** and **easy-to-integrate solution** for **elderly care homes**, promoting the **mental, emotional** and **functional health of residents**.

If you need more information, feel free to contact us at
contact@cognifit.com