

In Home Care Provider Reveals Memory Exercises to Help Seniors Stay Sharp

Respite Care Tips From Comfort Keepers of Warren, NJ, to Help Both Patient and Family

WARREN, NEW JERSEY, UNITED STATES, March 28, 2018 /EINPresswire.com/ -- Experts in both the health and science fields agree: people need to work out their brain as well as their body as they age.



More and more people are getting older and the demographics of the oldest age groups are increasing each year. This movement has created a need for senior care. Often that responsibility begins with an individual's family members. And helping your loved ones stay fit, sharp and focused as they age is something each family member that becomes a caregiver needs help with.

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The more exercise the brain gets the better it is for processing information.”

Stephanie Howe

That's what [Respite Care](#) provides. Regular exercise is important for your loved one's health. Their body needs a proper workout, but so does their brain. Regular, targeted brain exercises can increase your loved one's brain's cognitive reserve.

"Brain training isn't complicated at all," says Stephanie Howe, owner of the in-home care service provider Comfort Keepers of Warren, NJ. "Our [respite care providers](#) make sure your loved one sharpens their mental skills with daily exercises."

Howe details some of the typical ways Respite Care providers train the brain. "If your parent likes to read newspapers in the morning," she says, "they can solve a crossword puzzle or Sudoku, or just read comic strips. This can jump-start their brain. They can make a memory game out of a grocery list. Before they go shopping they can make a list of all the things they need and memorize it. An hour later they should try to remember what was on it. This way they would stimulate their brain. The longer the list the greater the stimulation."

It doesn't stop there. The brain training goes on to include all kinds of leisure activities. "If your loved one likes music," adds Howe, "they could try to learn to play a musical instrument or join a choir. Besides creating great opportunities for socializing, your loved one will be learning something new over a long period of time which is great for the brain."

If music isn't their thing, Howe recommends a cooking class. "Cooking activates all senses which all involve different parts of the brain," she says. "If our home care provider has cooked a meal, your parent can try guessing what ingredients are in it, including subtle herbs and spices."

Then there's the classic, like mathematics. Doing math is an easy way to stimulate the brain. Your loved one can calculate without any aids while walking or doing their dishes. Learning a new language is very useful, and it also stimulates the brain. Our respite care providers could go for a walk with your loved one, and after returning home help them draw a map of the neighborhood. Your loved one will stimulate the brain by trying to remember every detail.

Your parent could take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting or assembling a puzzle. Exercise is good for their body, but also for their mind. Activities such as yoga, golf, or tennis stimulate the brain.

Your loved one can organize a game night and play card games with their friends. Poker, Rummy or Go Fish exercise the brain and may delay memory loss associated with aging and dementia.

If your parent isn't a big fan of card games, they could try playing chess. It can boost memory and cognitive ability.

And finally, reading is still fundamental. Reading will exercise the brain and help in word recall. Reading the newspaper, books or magazines have been shown to provide a brain boost.

"The more exercise the brain gets," says Howe, "the better it is for processing information. Our respite care providers could make sure your loved one regularly exercises their brain."

About Comfort Keepers of Warren, NJ:

Comfort Keepers provides award-winning in-home care for seniors and other adults in need of assistance with daily activities. Their highly trained and dedicated caregivers can help your loved one stay in their home for as long as safely possible—a dream come true for both the seniors and their families. Their goal is to enrich the lives of every treasured client while maintaining client safety, well-being, and comfort as each person continues to live independently despite disease and other age-related conditions.

Their caregivers, referred to as Comfort Keepers®, are carefully selected, screened, and trained to provide professional, compassionate assistance that meets the organization's high standards. Through a unique approach called Interactive Caregiving™, Comfort Keepers' caregivers build true friendships with their clients in order to fulfill their emotional and social needs.

To find out more about Comfort Keepers of Warren New Jersey's commitment to excellence, please call (732) 369-3639.

This release was drafted by [Results Driven Marketing, LLC](#): a full-service digital marketing, public relations, advertising and content marketing firm located in Philadelphia, PA

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