

POSTER 69

OLDER ADULTS AND *POSIT SCIENCE*: THE EFFECTIVENESS OF A COGNITIVE TRAINING PROGRAM ON ATTENTION AND REACTION TIME

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Objective: The purpose of this study is to investigate and determine if the computer brain fitness program, *Posit Science*, improves attention and reaction time in older adults.

Method: This study determined the effectiveness of *Posit Science* brain fitness program on the measure of the Test of Variables of Attention (TOVA). Four participants were assigned to the *Posit Science* group. Each participant completed the *Posit Science* brain fitness program and engaged in intervention for one hour, once a day, five days a week, for eight weeks. The participants were evaluated pre-intervention and post-intervention.

Results: The researchers predict that results will show an increase in attention and reaction time in older adults.

Implications: An increase in attention and reaction time in older adults is associated with an increase in independence of activities of daily living (ADLs) and quality of life.