

## Golden Gamers

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# GOLDEN GAMERS

Golden\_Gamer67 is a 67 year old man that got mad while playing Zombie Rush because he kept on getting killed by the zombies. He really needs a new PC to experience less lag since studies show that video games can actually help seniors maintain good cognitive health.

Did you know that there are organizations that help seniors with their health? These organizations make video games for seniors to help with their cognitive health such as reflexes like decision making, memory, and social skills that provide cognitive benefits for the future. In addition, seniors become more social with the help of video games. Video games can also help seniors gain faster reflexes. With all of this, the organization calls the seniors Golden Gamers.

Golden\_Gamer67 has rejoined the game, ready to defeat more zombies! Everyone is taking heavy damage, but Golden\_Gamer67 is still fighting. Wave one complete!

There is great potential for digital action games originally developed for the entertainment of young adults to produce cognitive benefits in older adults. Nintendo's Brain Age 2 game, which involves simple cognitive activities, has been marketed to older adults as a game that improves cognition. Video games are like real life because you can experience visually stimulating virtual environments, which means seniors can improve real life skills. Other games such as Tetris and Red Dead Redemption also help with cognition.

A few hours later, Golden\_Gamer67 is still playing Zombie Rush. Everyone in the game is suffering heavy damage, but they successfully completed wave two.

Each senior has a different mindset, which means that they have different preferences, like favorite video games. Studies show the efficacy of games for older adults being good for their cognitive health. Positive findings could encourage video game companies to work with cognitive scientists and make games that help seniors. If video game companies continue working with cognitive scientists, in the future there will be many games that seniors could choose to help them with their health.

A few years later, Golden\_Gamer67 is still playing Zombie Rush. He is very tired, but he must continue (playing too many video games can cause you to be very tired). So many people

have been killed by zombies that the only players left are him and one other. That gamer is called Golden\_Gamer68. They are working very hard to complete the wave. They continue fighting and complete wave three. Even though it takes a twelve year old five minutes to complete a wave, it took many years for Golden\_Gamer67 to make it to wave three. Although it took a long time, the benefits that Golden\_Gamer 67 is getting from playing video games includes having an easier time reading books and also having efficient hand eye coordination that improves social skills.

Although games were originally developed for young adults, the seniors can actually “level up” their health by playing games. If more games that help seniors out come in the future, then the health of seniors will be better than ever before.

#### Works Cited

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