Effects of a Visuo-Motor Training Task on Visual Functioning in Older Adults

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The normal aging process is associated with variable degrees of decline in perceptual, cognitive, and motor control abilities that are important for the successful execution of everyday tasks, such as driving and walking. The purpose of this study is to explore a visuo-motor training paradigm for improving visual functioning and cognition in older adults that draws on the combined principles of perceptual learning and enhanced physical functioning. Thirty older adults completed six training sessions, in which they were either trained on a sport playing task or a video game task. The training difficulty levels are adapted to visual and physical capabilities. Participants completed a series of pre and post-tests consisting of visual and cognitive tasks. The entirety of the data has not yet been collected, although preliminary analyses have shown improvements in the targeted areas of visual functioning. These improvements may beneficially transfer to improved performance of everyday tasks.