

# Impact of cognitive training in quality of life

Cognitive functions are useful for what?  
How cognitive functions improve quality of life?



Cognitive  
functions are  
useful for what?



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Cognitive functions are used  
in daily life situations.

Here are some examples:

- You use position sense when you go to the doctor's clinic.
- You use memory when you cook.
- You use language when you go out with friends.



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- When you are doing shopping in a store you use calculation.
- When you are at home and need to choose what to have for dinner you use problem solving.
- You use attention to detail in your work at your workplace.
- You use social and emotional skills to organise a birthday party.



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How  
cognitive  
functions  
improve  
quality of life?



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People with intellectual disabilities often need support in learning or at work.

There are things that can make life easier for people with intellectual disabilities.

Training helps to improve cognitive functions to better understand information, learn and use new capabilities.



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Training will improve  
the way people  
are able to think.

They will be more able  
to have a better  
quality of Life.



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## Dictionary

Find here explanations for words in **bold**

## Memory

Being able to remember something from the past.



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# Acknowledgments

This document was written with the support of the Erasmus+ funding programme under grant agreement PT01-KA204-02020-1- 78873



The European Commission's support to produce this publication does not constitute an endorsement of its contents, which reflects the views only of the authors. The Commission cannot be held responsible for any use which may be made of the information contained therein.

The contributions of the 'Development of a Training Program for the Improvement of Quality of Life of Persons with Intellectual Disabilities Through Serious Games' project partners to the creation of this document are gratefully acknowledged.

The other deliverables of the ID GAMING project can be found on the project webpage <https://id-gaming-project.eu/>

