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Digital Memory-Training Apps: A Promising Tool for Age-Related and Post-Stroke Cognitive Rehabilitation

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ABSTRACT

Keywords: Ischemic stroke, Rehabilitation, Digital memory-training apps, Post stroke

1. Letter to the Editor

Major worldwide health challenges affecting senior citizens and patients undergoing rehabilitation include memory impairment and age-related cognitive decline after hemorrhagic or ischemic stroke. Targeted memory-training treatments are still under-implemented in routine practice, while current clinical approaches primarily concentrate on general rehabilitation and risk-factor control.

Contextual memory, name recognition, and short-term recall exercises are just a few of the activities available on mobile digital memory-training apps, which are a useful supplemental tool for home-based and clinical rehabilitation. Even though large-scale randomized studies have not yet provided conclusive evidence, early research suggests that constant use may promote memory retention and slow cognitive decline.

Optimal training protocols should be defined, patient groups most likely to benefit should be identified, and obstacles such as limited digital literacy and low patient adherence should be addressed in future research. Clinical researchers are encouraged to investigate the possibilities and limitations of these digital memory-support tools for age-related cognitive care and post-stroke recovery.