Abstract

The main purpose of this article is to examine whether cognitive plasticity increases after cognitive training in Alzheimer’s disease patients. Twenty-six patients participated in this study, all of them diagnosed with mild Alzheimer’s disease, 17 of them received a cognitive training program during 6 months, and the other 9 were assigned to the control group. Participants were assigned to experimental or control conditions for clinical reasons. In order to assess cognitive plasticity, all patients were assessed before and after treatment with three subtests from the «Bateria de Evaluación de Potencial de Aprendizaje en Demencias» [Assessment Battery of Learning Potential in Dementia] (BEPAD). After treatment, Alzheimer’s disease patients improved their performance in all the tasks assessing cognitive plasticity: viso-spatial memory, audio-verbal memory and verbal fluency. However, the cognitive plasticity scores of the patients in the control group decreased. In conclusion, this study showed that cognitive stimulation programs can improve cognitive functioning in mildly demented patients, and patients who do not receive any cognitive interventions may reduce their cognitive functioning.