

In der aktuellen Forschungsliteratur gibt es eine Vielzahl an kontextspezifischen Belegen dafür, dass die Stärkung von kognitiv-geistigen Aspekten insbesondere in Kombination mit körperlichen und psychischen Trainingselementen einen wesentlichen Beitrag für gesteigertes Wohlbefinden und Gesundheit und somit einem erfolgreichen Älterwerden leistet. Kognitive Leistungstrainings leisten auch einen wesentlichen Beitrag für den Erhalt oder die Wiederherstellung der Fahreignung.

**Folgende Studien belegen die Wirksamkeit von kognitiven Leistungstrainings:**

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