

# Download Memory, Attention, And Aging

Age-related memory loss, sometimes described as "normal aging", is qualitatively different from memory loss associated with dementias such as Alzheimer's disease, and is believed to have a different brain mechanism. Working memory is a cognitive system with a limited capacity that is responsible for temporarily holding information available for processing. Working memory is important for reasoning and the guidance of decision-making and behavior. Exercises that involve focusing attention or using attentional skills to scan the environment engage neurons mostly in the parietal lobes of the brain (in yellow here). Eldercare at Home: Memory Problems Caregiving How Tos Understanding the Problem. In our busy lives, all of us forget things at one time or another.