

Neurofeedback brain regulation optimising elderly neuroplasticity

It is well known that our brain has a period of development and now several studies have shown that neuroplasticity does not stop when we get old, so it is important to use all methods available to keep our brain young.

Why choose neurofeedback ILF to train the brain of elderly people? Because it gives an opportunity for the brain to self-regulate without contraindications.

This special method named ILF (infra-low frequency) neurofeedback, or Othmer method is symptom based and the clinician plays an important role when assessing the symptoms and adapting the protocols.

Neurofeedback offers the chance for the brain to access its own functioning and creates a loop of continuous feedback. There are many ways to impact the brain by neurofeedback. Neurofeedback ILF works at subcortical level reflecting to the brain its own electrical activity.

The Brodmann areas are used to understand how the brain works and there are some main objectives in this process: to calm down the nervous system and to stabilize the brain. It is better if we have a flexible, stable brain.

Besides these two objectives it is very often that the brain will need to develop extra inhibitory control and improvement of specific functions related to specific areas. One advantage of the ILF method is that it has an important impact on brain networks, so the effects are profound and durable.

Elderly population has various symptoms that can be addressed by neurofeedback: insomnia, depression, anxiety, appetite dysregulations, memory loss. All these symptoms will ameliorate after neurofeedback training.