

How Cribbage Benefits Brain Health

- **Cognitive Stimulation:** Cribbage is a "brain-hand" game that engages multiple cognitive functions, including strategic planning, memory, and arithmetic, which are crucial for maintaining mental sharpness.
- **Social Interaction:** Playing with others reduces loneliness and provides social engagement, which is heavily linked to a lower risk of developing dementia.
- **Cognitive Reserve:** Studies show that older adults who regularly play board games or cards have up to a **15% lower risk** of developing dementia, with some evidence suggesting it can delay the onset of symptoms.
- **Neuroplasticity:** The game requires learning and adaptation (e.g., deciding which cards to keep/discard), which promotes neuroplasticity, or the brain's ability to create new, healthy connections.