

RAILWAY MODELLING v DEMENTIA

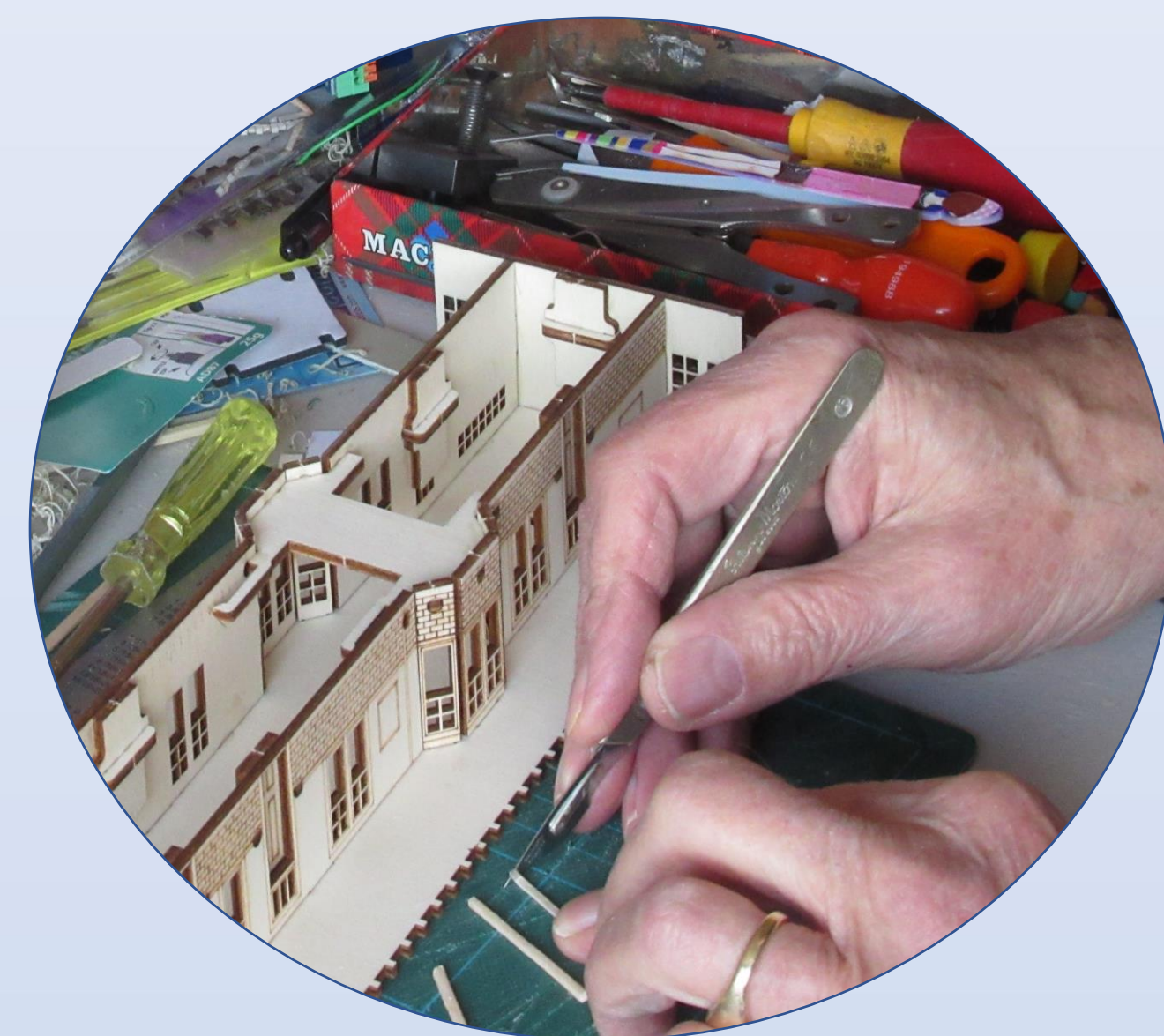
Railway modelling is not a cure
But it can help prevent dementia

Risk of dementia increases with age:

- **1 case in 14 for the over 65**
- But a survey of 20 model railway clubs with over 1000 members average age 64, found just
- **1 case in 160 for railway modellers**

Railway modelling involves:

- *Concentration*
- *A range of handicraft techniques*
- *Some used only very occasionally*



How does this help prevent dementia?

To tie a shoelace or play a piano needs lots of practice and repetition to migrate control of hands and fingers (dexterity) out of the brain's 'front office' and into muscle memory

However, with railway modelling or operating, the many techniques, little repetition and lots of concentration continue to exercise key parts of the brain which if unused may atrophy (waste) leading to dementias such as Alzheimer's

If you don't use it – you may lose it!



So, keep modelling!

Other pastimes are available. Concentration while using varieties of tools and handicraft techniques can be found in cooking from recipes, operating heritage railways, sewing, restoring old cars and other forms of model making etc.

Campaign to promote health benefits of railway modelling