

的提升也會有所幫助有著相同的結果。蔡宜蓁(2018)桌遊認知訓練對老年輕度認知障礙患者認知功能具有正面療效，整體認知功能、選擇性注意力、延遲視覺記憶、立即與延遲語言能力與記憶力方面均有顯著改善。

認知能力是屬於很多的認知功能組合在一起，像是有感官功能、注意力、記憶力等等，以上述相關文獻證實桌遊認知活動的介入可以透過桌遊進行認知訓練，透過不同的桌遊認知活動可以訓練不同的認知能力，證明桌遊是可以訓練認知能力的定向力、注意力、記憶力、語言能力。

六、參考文獻

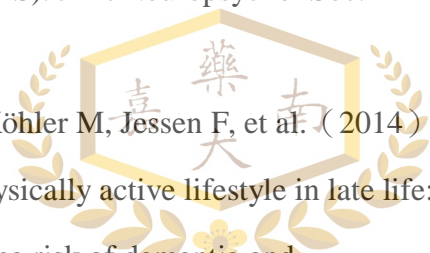
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