

Did the over-50s never pick up where they left off afte...

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As the [Guardian reports](#) this morning:

The pandemic has caused sustained harm to the brain health of people aged 50 or over, rapidly speeding up cognitive decline regardless of whether or not they caught Covid, researchers have discovered.

As they add:

Almost 780 million people were killed or made ill by the coronavirus, according to the World Health Organization. Health experts are now learning more about the indirect effects of the biggest public health crisis in a century.

A study has found that cognitive function and working memory in older adults declined more quickly during the first year of the pandemic between March 2020 and February 2021, even if they were not infected with the virus. The trend continued into 2021/22, suggesting an impact beyond the initial lockdowns.

I am not especially surprised by this. Covid reduced our interactions with people. I am no great party animal, but eventually found lockdown hard. Without regular and varied conversation of course our cognitive functions reduce.

But, why did this continue in the year after lockdowns? Was it that we never picked up where we left off?

And does this have serious long-term implications?

I do not think anyone knows as yet.