Elderly adults improve balance after playing video games (Zhang, 2015). Since falls are especially dangerous to the elderly, this improvement could help some people avoid injury, hospitalization, and physical therapy.

Research regarding the effect of video games on other motor skills in the elderly is unsubstantial.

After seven weeks of playing video games, elderly adults demonstrated faster reaction times and response selection speed than control group members (Goldstein, 1997) (Clark, 1987). Video games could make elderly adults safer drivers.

Elderly adults who trained on a video game called NeuroRacer showed long-term improvements in multitasking persistence and attention span as compared to controls (Anguera, 2013).