# Experts Emphasise Understanding Aging Brains Amid Concerns Over Cognitive Abilities of Biden and Trump



On Election Day 2024, former President Donald Trump will be 78 years old, and President Joe Biden will be nearly 82. This marks the first time two major party presidential candidates of such advanced age face off, prompting concerns about their cognitive abilities. A Marquette Law School poll from March indicates 77% of voters consider Biden “too old to be president,” while 52% say the same of Trump.

In discussions about aging political leaders, experts highlight the necessity of a scientific understanding of aging. Neuroscientists and psychologists emphasize that aging brains may develop some memory issues but can improve in judgment and emotional stability, which are critical for leadership roles. They discourage assumptions about cognitive decline based solely on public performances, suggesting that such evaluations require comprehensive clinical assessments.

Instances of verbal missteps by both candidates have drawn attention. Experts attribute these “senior moments” to normal aging processes rather than definitive signs of dementia. They argue against setting an upper age limit for the presidency and stress that changes in mental functioning should be carefully observed over time.

As of now, neither Biden nor Trump has undergone a standardized cognitive evaluation for public release. The Biden administration released a medical memo affirming his fitness for duty, while Trump claims to have passed cognitive tests but has shared limited information.

The debate about the candidates' cognitive health persists, with calls for more transparency in the medical evaluation of presidential candidates and officeholders.