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Integration and Innovation: Foundations of Psychogeriatric Knowledge.

**Authors:**

* Grazia Cerullo*, Dipartimento di Psicologia Generale, Università̀ degli studi di Padova*
* Dario Signorello*, Dipartimento di Psicologia Generale, Università̀ degli studi di Padova*
* Sara Zuppiroli*, Dipartimento di Informatica, Scienza e Ingegneria, Università̀ di Bologna*
* Mauro Gaspari*, Dipartimento di Informatica, Scienza e Ingegneria, Università̀ di Bologna*
* Franca Stablum*, Dipartimento di Psicologia Generale, Università̀ degli studi di Padova*

**SWIFT:** Shared, Web-based, Intelligent Flexible Thinking Training: a look at strategies and planning errors in the healthy elderly

**PURPOSE**

The development of cognitive enhancement programmes is a priority in promoting active ageing. To be effective, they should have high ecological validity, easy accessibility and good adaptability to performance. In particular, the exercise of complex planning skills, which are more nuanced in ageing, is beneficial for increasing the well-being and autonomy of older people. This study tested SWIFT, a new cognitive training tool that produces real-life scenarios (i.e., travel to Rome) and aims to train problem solving skills as well as increase technological familiarity.

**METHOD**

A group of healthy elderly persons (65-85 years) performed the training twice a week (8 sessions in total). Each session was video-recorded and analysed for action plans and errors. A semi-structured interview was then administered to investigate the level of awareness with regard to the planning process implemented and any mistakes made.

**DISCUSSION**

The analysis revealed errors in planning, attention, comprehension and memory. In addition, it was found that the participants progressively acquired a higher level of awareness of their errors. The results testify to the need to develop training that consistently exercises planning skills.

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