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**Collaborative or individual training in older age:**

**SWIFT, a new tool to age successfully**

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Ageing is associated by a multitude of changes in cognitive abilities, such as executive planning and problem-solving, which in turn affect wellbeing and quality of life. Stimulating these abilities could help maintain independence. On the other hand, cooperation within small groups may reinforce the stimulation effects and promote self-efficacy and self-consciousness.

Thus, a programme that combines a training in these abilities with a collaborative setting may be a successful way to promote active ageing. Shared, Web-based, Intelligent Thinking Training (SWIFT) is a new AI tool that aims to enhance problem solving abilities by simulating a real-life scenario, in a collaborative or individual setting.

A study was conducted to verify the effectiveness of SWIFT. A sample of 30 older adults (age: 65-85) was randomly assigned to receive either collaborative or individual training.

The training consisted of 2 sessions per week for a total of 10 sessions, in which the participants had to plan a 2-day trip in Rome by booking hotels, buying train tickets, and moving around on a virtual map of the city.

By comparing the two training settings, it is interesting to point out differences in the learning rhythm and modalities and in the effects on the cognitive performance.