**17th National Conference on the Psychology of Ageing (SIPI)**

**Working together to solve problems:**

Usability study of SWIFT, a collaborative web-based training

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Stimulating and maintaining problem-solving skills, which are essential for coping with critical situations in everyday life, can play a crucial role in promoting active ageing. Any task that requires planning, organisation, time management and flexible thinking could be particularly stimulating for older people; especially if it is based on everyday reality.

SWIFT (Shared, Web-based, Intelligent Flexible Thinking Training) is a new web-based cognitive training tool that aims to train older people's problem-solving skills by simulating a real-life scenario. Participants are asked to plan a two-day holiday in the city of Rome by following specific objectives (e.g., visiting certain staying within the budget).

SWIFT makes it possible to organise collaborative training sessions: group members discuss and decide together how to organise their trip.

The possibility of collaborative training is relevant: there is an extensive literature on the positive influence that social stimulation and support can have on the enhancement of cognitive functions (Dixon et al., 2019).

A pilot study was conducted to test the usability of the first collaborative version of SWIFT, involving a group of healthy elderly people aged between 65 and 85.

Objectives: (1) to test the usability of the collaborative version of SWIFT; (2) to identify the potential and criticality of collaborative problem solving; (3) to examine the problem-solving strategies used.

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