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**SWIFT - Uno strumento basato sulla pianificazione per migliorare le capacità di Problem-solving nelle persone anziane**

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The development of web-based cognitive enhancement programmes is becoming a priority to promote active ageing. To be most effective, these tools should have high ecological validity and be easily accessible, adaptable, and customizable. Exercises with high ecological validity train participants to perform activities typical of everyday life, thus enabling a positive impact on their quality of life. Tasks requiring planning, organization, memorization, time management and flexible thinking can be particularly challenging for older people.

This paper introduces SWIFT (Shared, Web-based, Intelligent Flexible Thinking Training), a web-based, automated planning-based cognitive training system that utilizes artificial intelligence (AI). Simulating a real-life scenario, SWIFT is designed to stimulate the planning and problem-solving skills of older people.

A pilot study tested the usability of an early version of SWIFT. A group of young people (18-26 years old) and a group of older people (62-83 years old) planned a two-day holiday in Rome: in addition to making virtual train and hotel reservations, a list of activities to be performed (e.g. visiting places or attending events) was provided.

To perform these tasks, users had to navigate on a map where the objectives are those typical of real-life travel planning (e.g., bookings, bus timetables, opening hours). Aims: (1) to provide a first validation of the usability of SWIFT on healthy elderly people to identify the specific demands and needs of elderly people when performing the task; (2) to examine the differences in performance between elderly and young people; (3) to test the actual level of difficulty proposed.

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