

Impact of an intergenerational training program in the use of information and communication technologies for older adults who receive cognitive intervention in the context of a Covid-19 pandemic: Preliminary results

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Abstract

Background: Worldwide, the Covid-19 pandemic impacted on professionals and patients receiving cognitive rehabilitation (CR) forcing them to instrument assistance programs through tele-neuropsychology. Many of those who receive CR are older adults who lack the necessary technological knowledge to carry out CR through teleneuropsychology. The present study aims to evaluate the impact of a training program on technological tools, carried out by high school students, for older adults who received CR through teleneuropsychology.

Method: Design: Pre-post, longitudinal intervention study. Participants: Older adults (n=13) (73.34 +/- 5.07 years old) and Students (n=20) (16.14 +/-1.33 years old). The intervention consisted of a 4 week program for technological training. Participants were assessed at the beginning and the end of the program which consists in two training sessions of 45 minutes each. Instruments: Older adults were assessed with: Questionnaire of Social Demographic Data and Use of Technology (built ad. Hoc.), Functional Assessment Questionnaire, MOS Scale of Social Support, Try Your Memory Test (TYM). Students were assessed with: Basic data questionnaire and Negative stereotypes questionnaire towards old age (CENVE).

Result: When comparing pre and post-tests, statistically significant differences were found in the assessed variables. In the older adult group, a significant difference was found in the use of zoom platform (z= -2.97, p= .003). In the student group, a statistically significant difference was found regarding the beliefs about aging (z=-2,53 p= .01).

Conclusion: These results add evidence regarding the importance of applying technology training programs for older adults. Intergenerational programs are a promising alternative where both parts can benefit: older adults through the incorporation of meaningful technological tools for their daily lives, and young participants taking the

opportunity to provide community service and to deconstruct negative prejudices and beliefs towards old age and its consequences.