

---

# Better communicative skills for better life in healthy aging: A pilot study with the Advanced Cognitive Pragmatic Treatment

Ilaria Gabbatore\*<sup>†1</sup>, Dize Hilviu<sup>1</sup>, Paolo Colombo<sup>2</sup>, Davide Gallo<sup>3</sup>, Anna Maria Conte<sup>3</sup>,  
and Francesca M. Bosco<sup>1</sup>

<sup>1</sup>GIPSI Research Group, Department of Psychology, University of Turin – Italy

<sup>2</sup>Università delle Tre Età di Nichelino, Turin. – Italy

<sup>3</sup>Associazione di Solidarietà e Volontariato a Domicilio, Turin – Italy

## Abstract

Aging is characterized by a progressive decline in cognitive functions and communication, with difficulties in pragmatics. This pattern of decline is far from clear, and few training programs exist to counteract it. This study presents preliminary data on the efficacy of Advanced Cognitive Pragmatic Treatment (Advanced CPT), based on a pilot sample of eight individuals (4 men) aged 66-86 years. Their pragmatic skills, assessed with the Assessment Battery for Communication (ABaCo), improved significantly after training. This result suggests that it is possible to intervene in old age to strengthen pragmatic ability and achieve an indirect improvement in quality of life.

**Keywords:** Aging, pragmatic ability, training

---

\*Speaker

<sup>†</sup>Corresponding author: [ilaria.gabbatore@unito.it](mailto:ilaria.gabbatore@unito.it)