**Background**
- Computerized cognitive training and skills training have been found to lead to improvements in cognition and skills performance.
- Improvements are seen in healthy older people as well as in Mild Cognitive Impairment (MCI).
- The latest generation of these training efforts are delivered fully remotely.

**Current Study**
- Healthy Controls over age 60: n=50
- MCI participants over age 60=50
- Skills training FUNSAT: 6 functional tasks, 2 hours per week, up to 12 weeks or graduation
  - Combined training: 3 weeks Brain HQ training, followed by 9 weeks of skills training

**The Challenge**
- One of the arguments by skeptics is that cognitive training has no real-world benefit.
- It is the case that new functional skills are not acquired with cognitive training alone.
- However, we train both cognition and functional skills and in this study we used digital assessment (Ecological Momentary Assessment: EMA) data to evaluate real-world transfer of training.

**EMA As a Measurement Strategy**
- As part of our training effort, participants were paged 3 times per week and asked to answer as to whether they had performed any of the trained tasks since the last survey.
- To measure more general transfer, they were also asked if they had performed any technology-related untrained skills as well.

**Design**
- All HC, skills only, MCI 50% to each intervention.
- Training is 100% remote and home based.
- Graduation is defined by performance of a training task with either zero or only 1 error.
- Outcomes are time to completion and errors.
- Assessment Sequence:
  - Form 1 at Baseline
  - Form 2 after training completion
  - Form 3 30 days after training

**Results**
- Both groups improved on all 6 tasks and the MCI participants improved more with cognitive training.
- Training gains were preserved across all tasks at the 30-day post training follow-up.
- Significant increases in trained and untrained tasks across the entire follow-up period were detected with EMA.

**EMAs Outcomes**
- Trained Tasks: ATM, Internet Banking, Tech-Based Prescription Refill, Medication Management.
- Untrained Tasks: General internet use, Mobile Phone calls, sending text messages.

**Remote Training Strategy**
- All training in this study was done fully remotely with cloud-connected devices.

**Implications**
- Substantial training gains with remote training across conditions and populations.
- Gains are maintained post treatment.
- EMA detects changes in trained and untrained tasks.
- In person pharmacy visits decline and technology facilitated refills are increased.
- Increases in general technology usage are detected across populations.