



Memory retrieval in aging and executive control

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Resumen:

As we humans grow older, the number of reported complaints about memory failures progressively increases. It is often assumed that aging is accompanied by a decline in the ability to suppress or ignore irrelevant thoughts and actions when compared to younger adults. This Inhibitory Deficit Hypothesis has been investigated across cognitive domains and, particularly in memory, it suggests whether the difficulties in retrieval observed in older adults could be due to an inability to suppress unwanted information when trying to recall a specific event. In this talk, we will review several experiments investigating the nature of age-related differences in memory retrieval, whether they stem from struggles in detecting the competition of interfering information, or from difficulties in suppressing such irrelevant memory traces. Furthermore, we will also revise recent research aiming to compensate for age-related impairments in memory such as training executive functions or the use of feedback and metacognitive strategies after making memory errors.