

# Age Differences in Setting Reminders for Future Plans

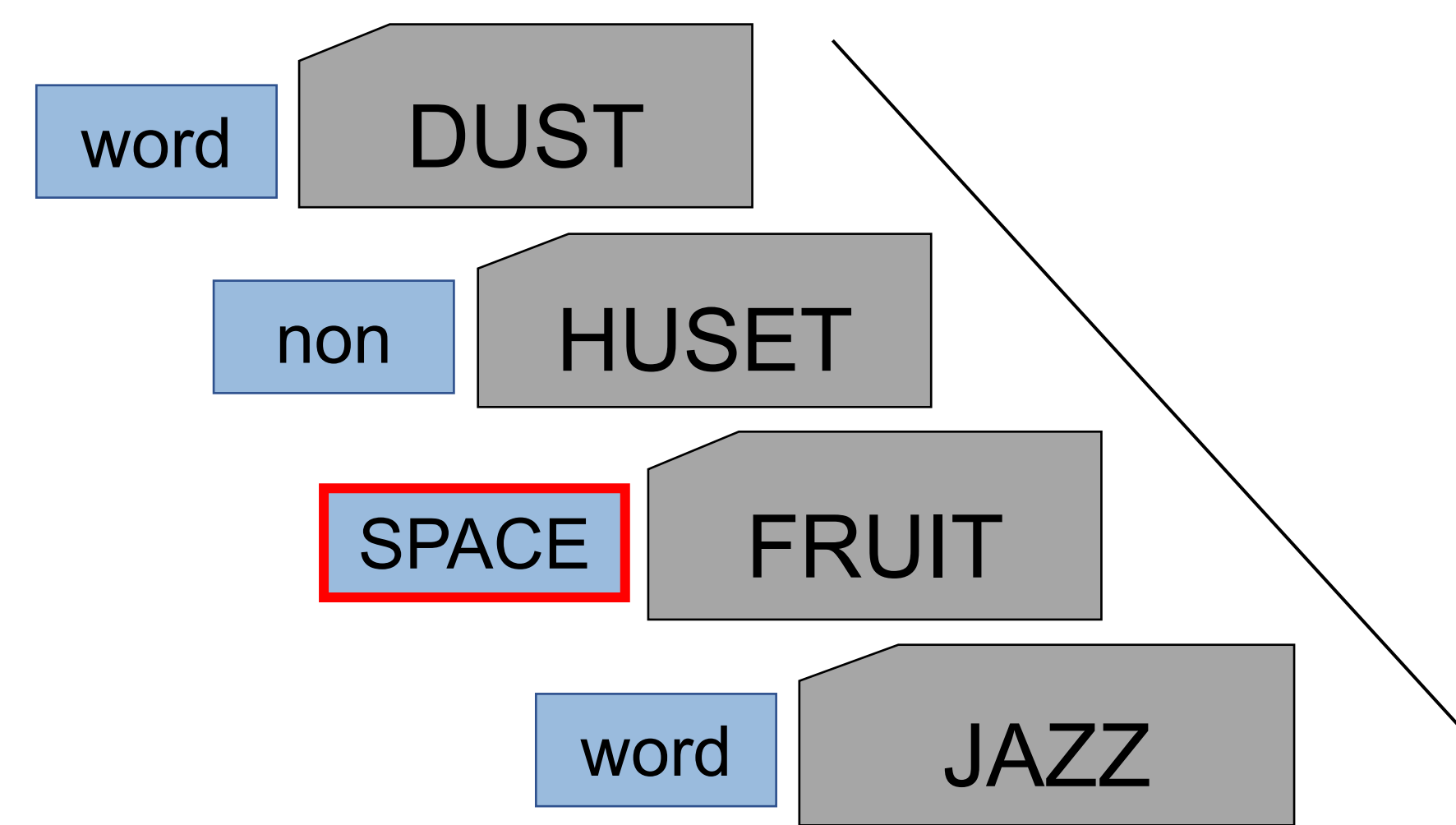
## INTRODUCTION

- **Prospective Memory (PM):** memory for planned actions
- Critical for healthy aging and maintaining independence
- Reminders often recommended to offset declines in PM
- Past research has shown that older adults benefit more from reminders when they are provided by the experimenter (Ball et al., 2024), but unclear whether older adults are sensitive to task demands and set their own reminders more often when given the *choice*
- **Hypotheses:** (1) Older adults will set reminders during learning and check reminders more during retrieval; (2) Reminders will reduce age differences in learning effort; (3) Reminders will eliminate age differences in PM at retrieval

## METHODS

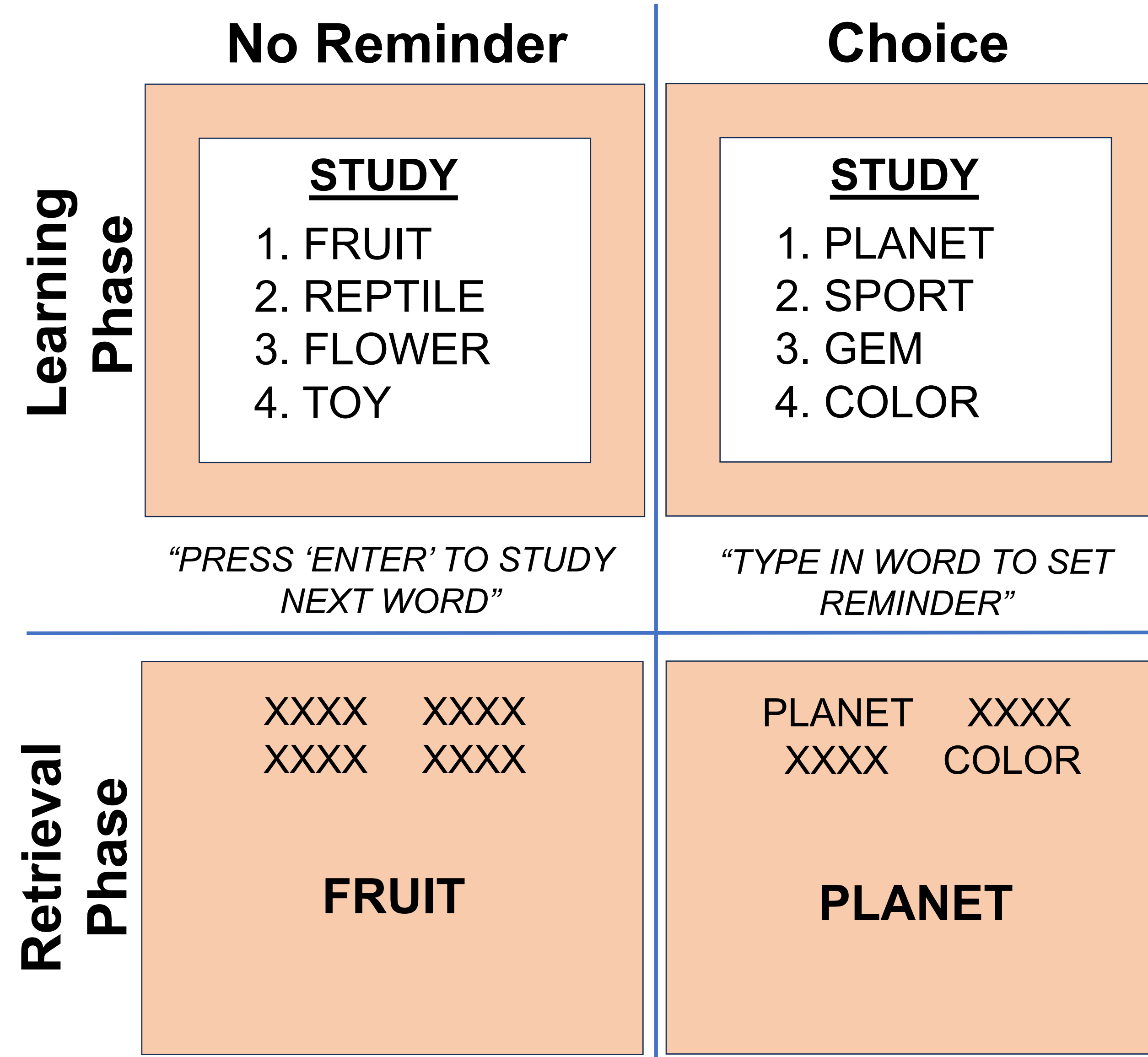
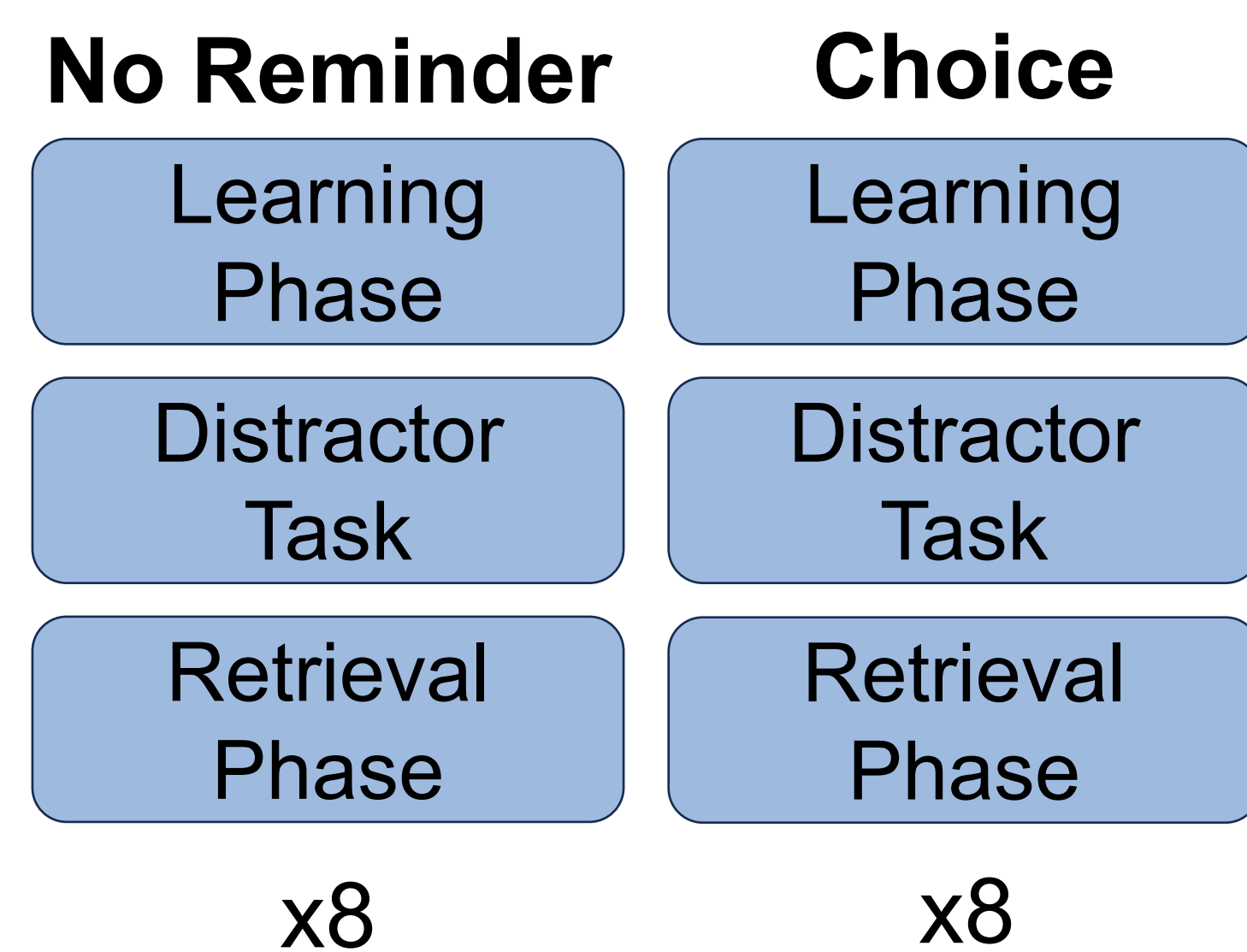
### Procedure

- **Design:** 2 (Age: younger vs. older; *between*) x 2 (Reminder: None vs. Choice; *within*)
- **Ongoing Task:** word/nonword decision task
- **PM Intention:** Press 'space' when seeing target word



### Participants:

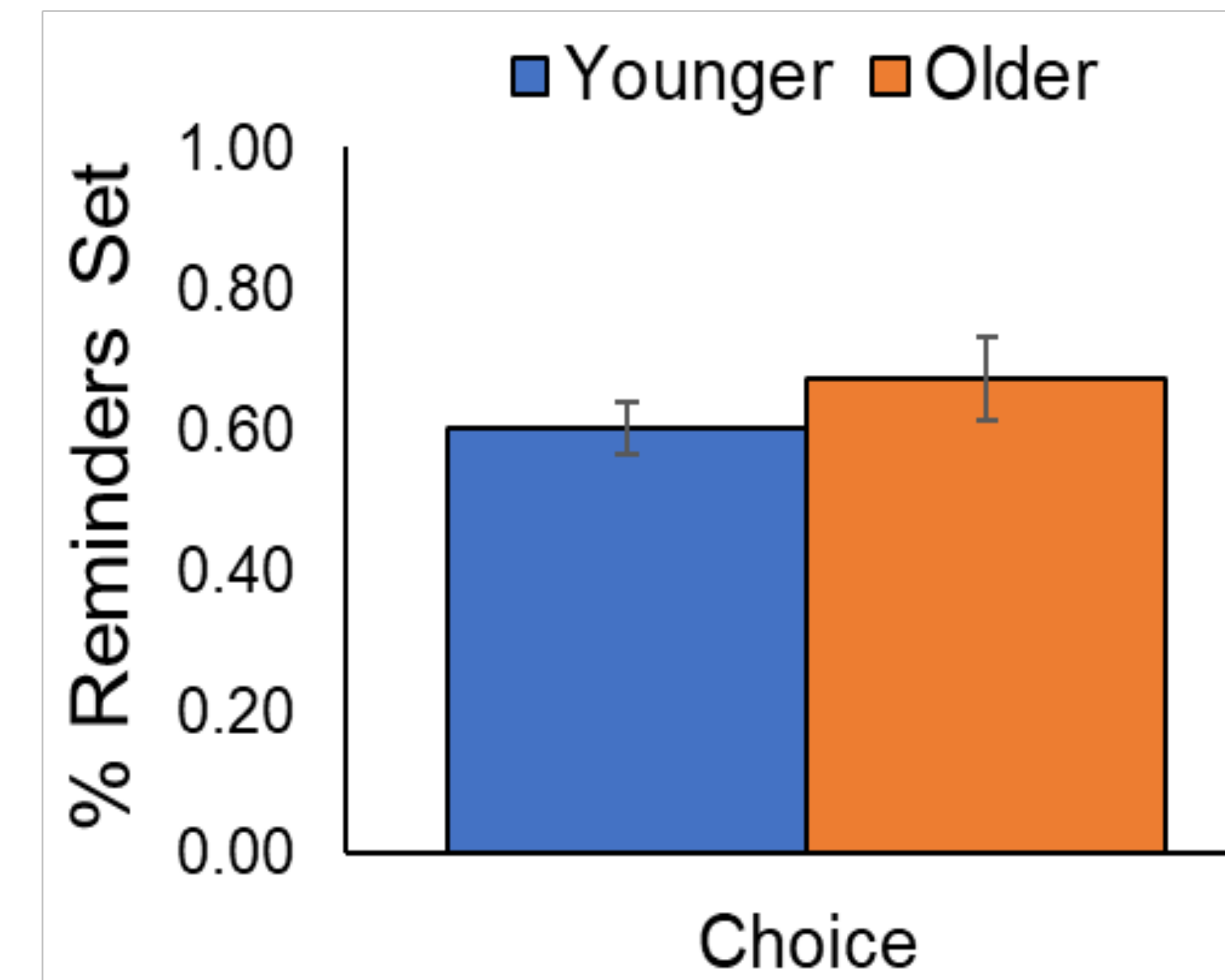
- Younger = 91, Older = 37



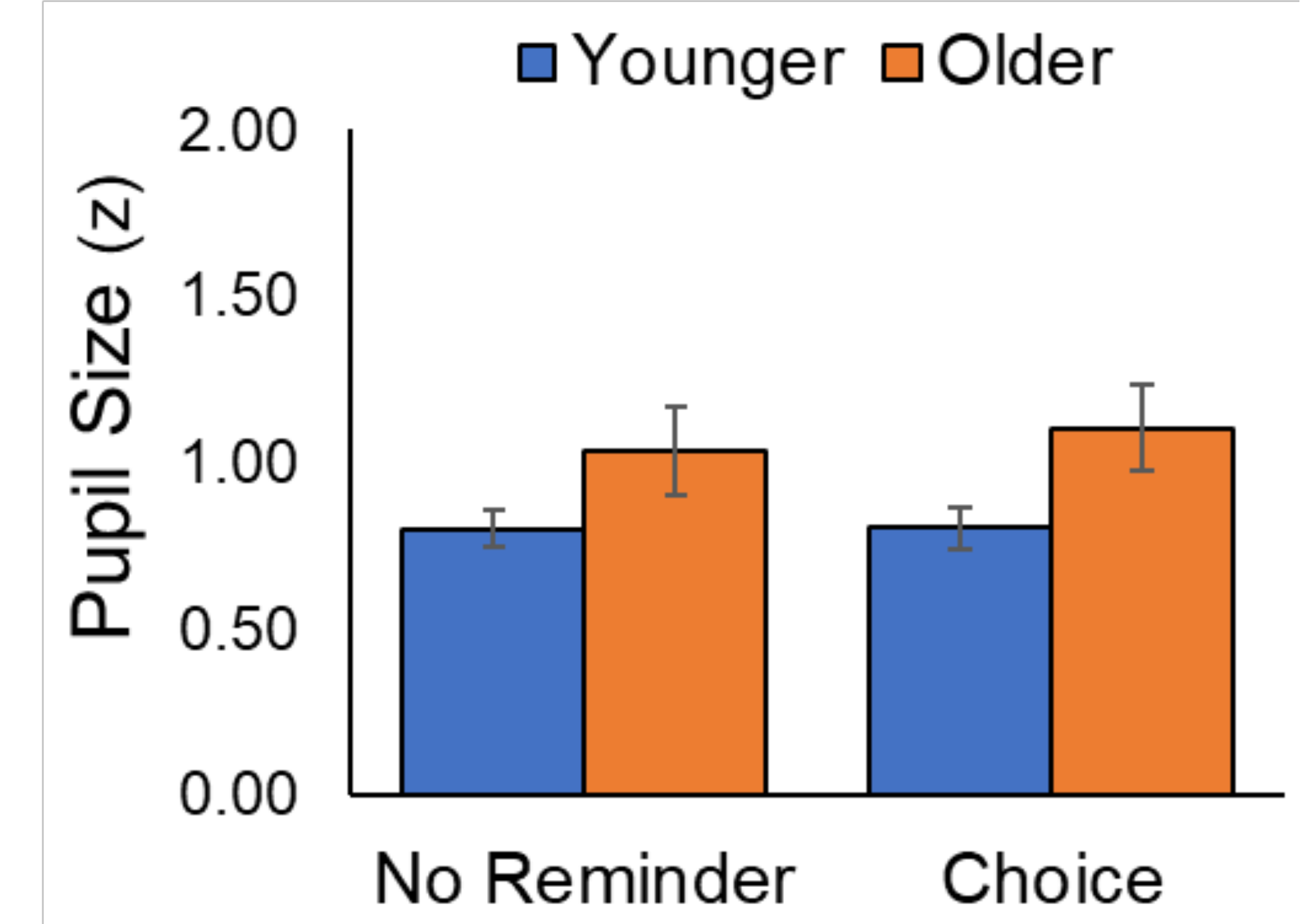
- **Pupillometry:** pupil size indicates degree of effort devoted to learning

## RESULTS

### Learning Phase

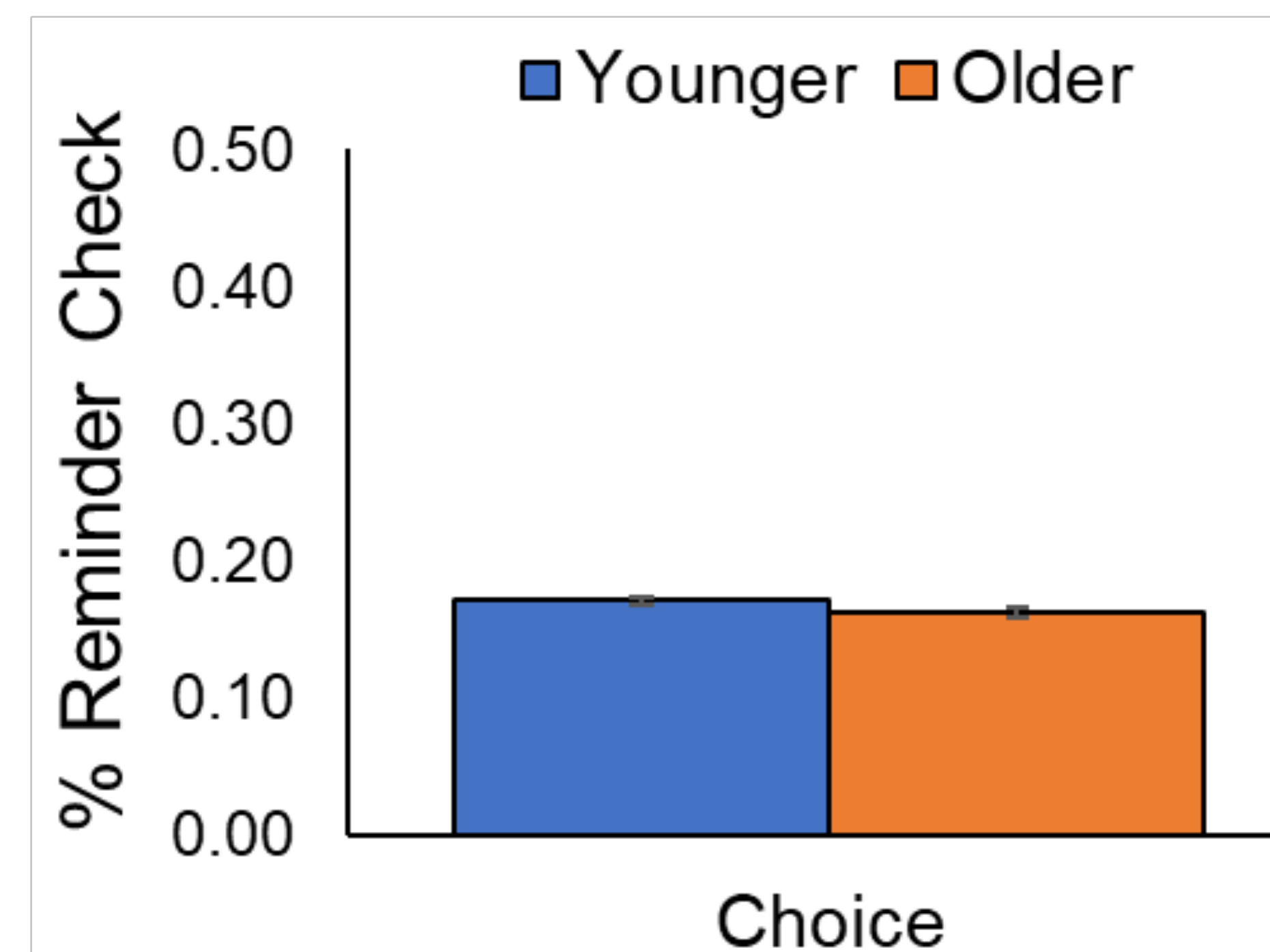


- Older adults did not set more reminders

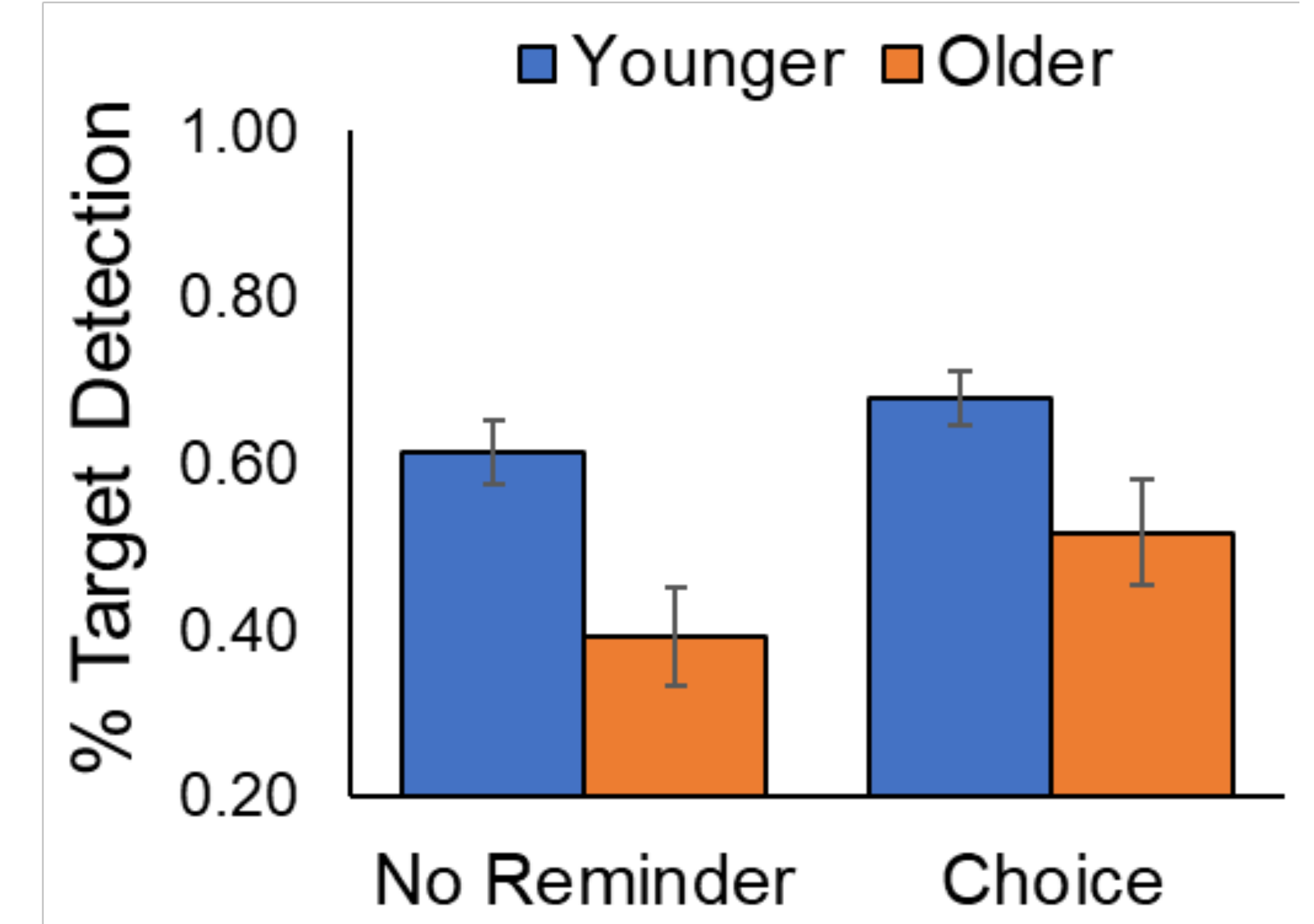


- Older adults encoded more effortfully. Reminders did not reduce encoding effort.

### Retrieval Phase



- Older adults did not check more reminders



- Older adults had worse performance. Reminders helped equally for both age groups.

## DISCUSSION

- (H1:) Older adults did *not* set or check reminders more often
- (H2:) Reminders did *not* reduce age differences in encoding effort
- (H3:) Reminders did *not* reduce age differences in target detection (i.e., PM)

### Implications and Future Directions:

- Older adults may be *overconfident* in their memory and not set/check reminders as frequently as they should (Scrampi & Gilbert, 2021)
- Informs recommendations for reminders as an intervention (e.g., make reminders easier to implement and use for older adults)