

Cognitive Ageing

Psychology

What declines with age, what does not, and what improves.

Declines

- Processing speed
- Working memory capacity
- Episodic memory retrieval
- Divided attention
- Fluid reasoning — novel problems

Preserved or improves

- Vocabulary and general knowledge
- Procedural memory
- Emotional regulation
- Expertise in a practised domain
- Crystallised intelligence

THE DIFFERENCE THAT MATTERS

Cognitive reserve — education, complex work, social engagement — buffers decline substantially.

Age-related decline in speed is the most robust finding, and much of the apparent memory decline follows from it.