

Applicant

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Project Title

Prospective memory and social functioning in midlife and old age

Project Summary

Prospective memory refers to the ability to remember to do something in the future, and it is essential for managing everyday life's demands. Prospective memory plays a crucial role in social activities, such as keeping appointments, and it becomes increasingly important as we age. However, few studies have specifically examined the relationship between prospective memory and social functioning using a longitudinal design. This is significant because a decline in prospective memory performance could have negative consequences on social functioning (e.g., forgetting a meeting with a friend), while a stimulating social environment could potentially protect older adults from cognitive decline. This study aims to investigate how PM and social functioning affect each other in a group of aging participants. The results of this study could inform interventions that promote cognitive health and social engagement in older adults, improving their overall quality of life.

Keywords

prospective memory, social participation, social functioning, aging, longitudinal data