**Is refreshing impaired in older age?**

Impairments in refreshing have been suggested as one source of working memory (WM) deficits in older age. Retro-cues provide an important method of investigating this question: a retro-cue guides attention to one WM item, thereby arguably refreshing it and increasing its accessibility compared to a no-cue baseline. However, most theoretical accounts assume that refreshing does not just involve focusing on a single representation, but further operates sequentially on multiple representations, yielding cumulative boosts according to how often items are refreshed. This requires flexibly shifting the focus of attention among representations in WM and preserving the corresponding boosts after the focus moves away. So far, it remains an open question whether older adults show this flexibility. Here we investigated whether older adults can use multiple cues to sequentially refresh WM representations (Experiment 1) and sustain the benefits of refreshing after distraction (Experiment 2). Younger and older adults completed a continuous color delayed estimation task that varied the number of retro-cues (0, 1, or 2) presented during the retention interval (Experiment 1) or the distraction following a single retro-cue (Experiment 2). The results showed a similar retro-cue benefit between age groups, even when participants had to switch their attention between items (Experiment 1) and after their focus was distracted (Experiment 2). These findings suggest that the capacity to use cues to refresh information in visual working memory may be preserved with age.