

### **Memory Loss-Strategies For Clients**

#### **Suggestions for Retaining or Improving Your Memory**

- 1) To remember the name of someone you meet, pay close attention to the name, repeat it to yourself, associate with something or someone familiar, and use the person's name in conversation.
- 2) Take note of some detail that is very distinctive, unusual, attractive or funny that evokes emotions (sadness, joy, etc)
- 3) Jot down what you wish to remember. Put a note pad beside the phone and write down messages. Carry a note pad with you and write down things/events you wish to remember
- 4) Minimize distractions. For instance, avoid trying to do too many things at the same time.
- 5) Use more than one sense to reinforce memory. For example, try to remember a telephone number, read the number aloud and make a mental image of it.
- 6) Listen actively. The more involved you are in questioning ideas presented and in making sense of them, the better you will retain them
- 7) Mental exercises for your memory;
  - a. Word search puzzles
  - b. Scrabble
  - c. Reading. Try reading short articles from newspaper, magazines, and then writing down from memory, the details in the articles. Check back to see how much you remembered
  - d. Make a list of 5-8 items (list can be grocery, things needed for a fishing trip). Memorize the list and cover it. Write down the items you can remember
  - e. Write down important events or people that you have seen or talked to in a day. Try to remember as much as possible what you did three days ago, two days ago and yesterday
- 8) Develop new habits such as always putting or keeping particular items in the same place every time (for example, your keys)
- 9) Use a calendar to keep track of appointments
- 10) A notice board can help to keep track of daily events, meals, visitors, anything to be remember on a daily basis