



## Memory Tips

**Remember: you are not alone in facing memory changes. Many people have been through a similar experience. There's a lot you can do to make your life easier.**

**\*\*These tips have been suggested by people with memory loss\*\***

- **Keep a note book or diary**  
Write down important things you want to remember. This might include appointments, people's names, a list of things to do, any thoughts and ideas you want to remember.
- **Appointments**  
These must be entered on your engagement calendar as soon as possible after you have made them. This calendar or diary must be one that you look at everyday. It's no good having all your appointments neatly entered in a diary you hardly ever look at. It is probably best to have the appointments on some sort of calendar which you cannot help seeing regularly, say by the telephone or near the kettle.
- **Pin a weekly timetable to the wall**  
Add things to it as you think of them. Tear off daily calendars are helpful, tearing off a sheet a day to see the new day and day of the week and the date imprinted in your mind at the start of each new day.
- **Keep important things like money, keys and glasses in the same place.**  
No running round the house looking in every conceivable place for your car or house keys. If you decide to hide your valuables when you go away, then choose what you feel is the best place and use the same place whenever you go away. Nothing is more frustrating than not being able to find things which you have hidden yourself. Keep all your important documents together, ideally in a fireproof box and again some where that you easily remember.
- **Have a daily newspaper delivered.**  
The date and day of the week are always on the front page. Or buy a clock with the date on it.
- **Have a routine.**  
Doing things in the same order each time can help.

- **Put labels on cupboards or drawers to remind you where things are.**
- **Place helpful telephone numbers by the phone where you can easily see them. It is useful to have a notebook which stays open easily placed next to the phone, possibly with a pen attached to it, so that all messages are in the same place and can be seen at any time you go to the phone. This book could just be used for one calendar year and then filed for future reference.**
- **Write reminders to yourself to lock the door at night or put the rubbish out on a certain day, for example. Put a note on the front door to remind yourself to take your keys with you. If you have something to do or remember which you know is quite likely to slip out of your mind, write a reminder on a Post-it note and stick it up by your toothbrush, or on your tablemat where you eat your breakfast.**
- **Don't be afraid to ask questions, to say you have not understood or that you have forgotten what has been said.**
- **If you are unable to find the right words come back to it later.**
- **Don't feel you have to rush things.  
Give yourself plenty of time.**
- **Install safety devices such as gas detectors and smoke alarms.**
- **Maintain your skills by doing the things you enjoy.**
- **Talking helps.  
If you can, talk to your friends and family about your worries. Don't bottle things up.  
"If you keep it in, it sends you up the wall."**
- **Get support.  
We all need extra help at some point in our lives- don't be afraid of asking for support. Think about joining a group with other people with memory problems.  
"Having someone to turn to is very important."**
- **Find out about memory loss.  
You have a right to know about your illness and what will happen in the future.  
"I want to know. I want to be fully armed so I can get the most out of my life."**
- **Tell other people about memory loss.  
Explain what you know about memory loss. Other people need to understand what you are going through.**

- **Stay as active as you can.  
Maintain your interests, see your friends. Carry on with your life.  
“It lifts my spirits, makes me feel useful and gives me a sense of purpose.”**