

PRACTICAL MEMORY STRATEGIES

EXTERNAL MEMORY AIDS

Limits the work that the memory has to do and creates reminders.

- Dates and datebooks
- Notebooks
- Lists
- Alarm clocks
- Calendars
- Wall charts
- Post-it notes
- Utilize technology - apps and tools
- Photo albums and cameras

ESTABLISHING A ROUTINE

Following a daily routine can help you get used to your responsibilities and expectations. This helps reduce the reliance on memory and increase your ability to remember tasks.

- Make a list of daily activities and keep it visible.
- Use charts, pictures, and noticeboards for daily events.

ADAPT THE ENVIRONMENT

Changing your environment so as to rely less on your own memory.

- Keeping paper/notepad handy to write down important information and messages.
- Picking a specific place to put important things such as glasses, notepads, lists. Always putting these back in that place.
- Keeping important things on you with a lanyard or pockets.
- Labeling perishable food with the date it was opened.

COMBINING SEVERAL STRATEGIES

It is often helpful to utilize a combination of multiple aids and strategies. This can cover multiple problem areas and create a system which is specific and useful for you.

Can you think of some examples of doing this?