

# PRACTICAL MEMORY STRATEGIES

## EXTERNAL MEMORY AIDS

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

- Diaries and datebooks
- Notebooks
- Lists
- Calendars
- Wall charts
- Post-it notes

## 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
- Have your Behavioral Health Specialist (BHS) help you

## 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

## 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?

### 1. ONE STRATEGY I LEARNED TODAY IS:

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### 2. THREE SITUATIONS WHERE I CAN SEE MYSELF USING THAT STRATEGY/SKILL:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_