

## Other Things To Try

- Keep checklist for going out of things you need to take with you.
- Have a place in the house where you keep things of importance. E.g keep a bowl where you always set your purse/wallet, keys, glasses
- Have orientation information around home e.g Day clox, Calendars, day and date on notice board
- Think about how technology can also help. Amazon Echo Or Google home devices, reminders on mobile phones
- Apps available on smart devices to help keep the brain active are encouraged



Memory Service  
18-22 Gilford Road  
Portadown  
BT63 5ED  
028 3833 3332

**HSC** Southern Health  
and Social Care Trust  
Quality Care - for you, with you



**Memory  
Difficulties**  
**What Can Help?**

*Memory Service*

## Memory

Memory difficulties for some people not remembering can be very stressful and can cause anxiety. It can even affect a person's mood.

It can cause someone to be more irritable or even withdrawn.

If someone has difficulty with their memory there are some simple strategies that may help compensate for their memory difficulties, optimise independence and improve their self confidence.



## Keep a Routine and look after yourself

- Eat well
- Take regular exercise
- Keeping a routine as far as possible
- Use your phone, an alarm or a timer to remind you to do something at a certain time
- Have a daily plan of what you are doing and keep it with you. Tick tasks of your list as you complete them

## Do one thing at a time

- Remove distractions - turn the TV or radio off
- Remove clutter when completing tasks
- Pay attention to what you are doing
- Finish one task before starting another
- Break tasks up into small steps
- Don't panic, give yourself time

## Visual Aids

- Writing things down and having visual prompts around the home can help support with memory difficulties
- Use a calendar or diary – This can help you keep track of days and appointments
- Use a notice board and pin letters or reminders to this
- Keep a daily schedule or “To Do lists” to help organise your day
- A daily newspaper can also help with remembering the day and date
- Keep important telephone numbers by the phone, such as GP or relatives
- Use labels to remind you of things, such as “turn the cooker/taps off”, “lock the doors”
- Write shopping lists can help with shopping tasks

