

No one's memory is perfect, but some medical conditions can cause more difficulty with memory than is usual.

Short term (new) memories are more likely to be affected than long term (old) memories. Someone may not remember something that happened that morning but may remember very clearly something that happened years ago.

People tend to forget everyday things that are relatively unimportant, like posting letters or appointment times.

Anxiety and stress affect memory, so worrying may make it even harder to remember.

Trying to 'exercise' the memory by setting yourself memory tests is seldom useful. It is better to keep your brain active by continuing to do the things you enjoy.

This leaflet has ideas that may help you compensate for some memory problems. Not all the ideas will help everyone so just try what you think might be helpful.



Remembering to do something.....

Write appointments and things to do in a diary or on a wall calendar.



Writing birthdays and anniversaries in a diary or a calendar at the start of the year.

Use a notepad. Keep it by the phone during the day and by the bed at night. Take it when you go out.

Put signs in prominent places to remind you of things. A sign on the inside of the front door could remind you to take the keys when going out.

Use lists when shopping or when packing to go away.

To remind you to take your tablets, pharmacists can provide medication boxes or blister packs with the tablets already organised in the different compartments. Talk to your GP for more information about this.



Remembering what has happened.....

Use a diary to write about what happened during the day. This can 'engrave' things in the memory. You can also look back later as a reminder.

Some people can only take in half of what is said at a time. If so, **when someone gives you a message, ask them to tell you twice!** Repeat the message back to check you have got it right. If it's important, write it down.

Try 'talking aloud' to 'double-check' you've done something. For example, as you lock the door say *"I've locked the door"*. This can help you remember you have done it.

Remembering people's names.....

Remember that you can speak to someone without having to say their name.

When someone tells you their name, **repeat their name** back to them. For example; *"nice to meet you Sarah"*. Maintain **eye contact** and try to create a mental picture of the person's face.

Be honest. Try saying *"I'm sorry, my memory has been giving me a few problems lately. Could you remind me of your name?"*

Keep a list of people's names at home. For example, Jack- runs the paper shop. Maybe **add a photo** next to their name. This may help you remember the names more easily when they are needed.

Remembering where you have put things.....

Keep things you tend to lose in the same place.

For example, keys, purse, glasses or bills in a special bowl/box.

Talking aloud to yourself to help you remember where you've put things.

For example: *"I've put the stamps in the drawer"*



Keep your glasses on a neck chain.

Attach keys to a handbag or belt with a cord.

Put a label with name and telephone number on things you might leave around such as an umbrella or walking stick. If you don't want to leave your own name and telephone number ask a relative or friend if you can use theirs.

If you find yourself forgetting where you put your keys, a key ring that has an alarm can be bought through shopping catalogues and car accessory shops. When a loud noise is made the key ring gives off a bleep and a light flashes.

Other ideas.....

Telephones - Telephones can be programmed so you need only press one button to dial a stored number. Keep a list of important numbers next to the phone.

Mobile phones - Mobile phones can store items and alarms can be programmed to remind you to do something. For example, the alarm can be set at 9.00am and the message 'Tablets' appears.

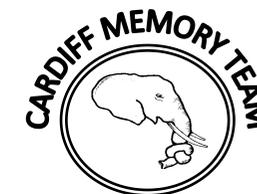
Watch Alarm -These can be programmed to go off at a set date and time.

Dictaphones (small tape recorders) - These can record information you need to remember.

Everyday memory difficulties

How you can help yourself

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