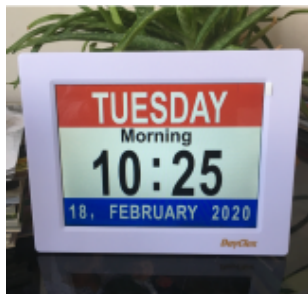


Memory is important because it helps us with everyday activities. When memory deteriorates everyday activities may be affected and information cannot be recalled. Even simple tasks become increasingly difficult to plan and carry out. Memory cannot be improved by formal training like learning lists of words or rehearsing poetry. Keeping physically and mentally active, doing enjoyable activities will help. There may be ways to get around problem. This can boost confidence and maintain independence. *Some of the ideas below may help.*

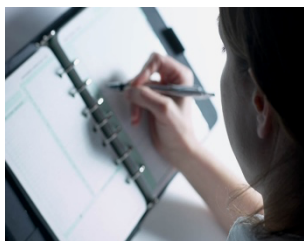


Day/Date/Time/ Appointments

Have a large clock with clear numbers, the day and the date. A digital clock may be easiest, though it is best to avoid one that only shows the 24 hour clock.

Have a weekly calendar showing day/date and time of things to do – they can be crossed through as completed.

Appointments



Use a weekly calendar or a large diary as a reminder of appointments and other useful information. Position it where it is easily seen.

Tablets



If you have to take a lot of tablets at different times of the day use a bubble pack or a pill organiser – filled weekly.

The Phone

Keep a clear list of important numbers near to the phone. Many telephones can now store numbers which can then be dialled by pressing a single button – some phones even have slots to hold a picture of the person you want to call. Keep a large pad and pen for messages near to the phone.



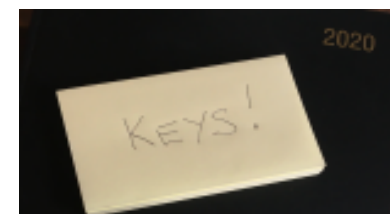
Losing things

Keep things in the same place. Keys can be attached to handbag or by a cord. Glasses can be hung round the neck.



Appliances

Use tape or brightly coloured labels to identify switches. Remove or cover switches which are never used. A checklist of instructions about how to operate a piece of equipment can be kept nearby.



Hang a large notice board in a frequently visited spot with a pen and paper attached. Self-adhesive post-it notes on the fridge or cupboard (or wherever relevant) may jog the memory. Use a clip board for updating day-to-day activities.

Put a notice on the back of the main door with easily forgotten items listed.

Handbags, umbrellas or walking sticks can be labelled with your name and phone number.

Advice for family and friends

Where possible:-

- Keep to a routine
- Avoid confrontation
- Leave plenty of time for doing things
- Give help when it is needed, but don't take over
- Avoid stressful situations
- Try to be understanding when memory lapses occur

Remember:-

- Look after your own health and try to keep up some of your own interests.
- The job that you are doing, no one can do better than you, but remember you may need to ask for help sometimes
- Do not feel that you are alone. It may help to speak openly about the problems you are facing with friends, neighbours, and colleagues. You will probably find that most are understanding and want to help
- You may experience 'ups and downs' so don't be afraid to ask for help'.

The **Memory Team** is happy to answer questions and offer advice on helping memory problems.

Support and information

SOLACE	029 20529848
Age Concern	029 20567883
Alzheimer's Society	029 20480593
Memory Team	029 20716961

Memory aids and other items mentioned in this leaflet can be bought from high street chemists, office equipment/stationery shops, jewellery shops and hardware stores.

The Cardiff Institute for the Blind
Jones Court, Womanby Street
Cardiff, CF10 1BR

cibpostmaster@cibi.co.uk

Telephone 029 20398900 has a good display of various aids, some of which may be useful for people with memory problems.

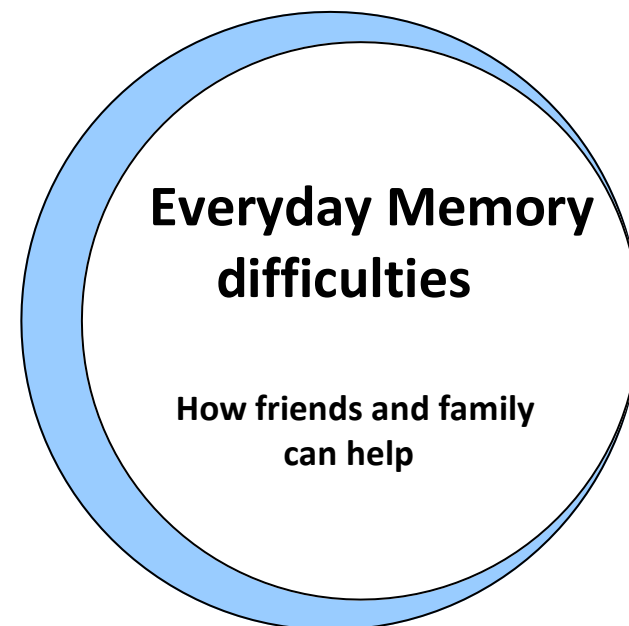
Education Centre, University Hospital Llandough
Penarth, Cardiff, Vale of Glamorgan,
CF64 2XX, Tel No. 029 20716961
Fax No. 029 20704244

<http://medicine.cf.ac.uk/molecular-experimental-medicine/geriatric-medicine/memory-team/>



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