

## Memory Aids

- We all have memory problems that can be increased due to stress, illness, medications, and depression.....*at any age*.
- Help an older adult to build or keep their memory by suggesting use of memory tools.
- Offer gifts of calendars, personal digital assistants (PDAs), photo albums and other memory aids.
- Be creative in developing memory clues that help maintain independence and safety.

<b>Memory Tools</b>	<ol style="list-style-type: none"> <li>1. Use Pad and pencil and make notes.</li> <li>2. Use large calendar or appointment book to record special dates for the future or to record daily events.</li> <li>3. Use a tape recorder to leave reminder messages.</li> <li>4. Use electronic pillboxes with an alarm that signals when to take medication.</li> <li>5. Use telephones with memory dialing and spaces for photos of people frequently called.</li> <li>6. Ask the doctor to write down instructions, especially regarding medications.</li> <li>7. Use a photo album, diary, journal or scrapbook to collect and record events.</li> <li>8. Use timed faucets that automatically turn off water.</li> <li>9. Use audiocassette tapes and books with memory improvement exercises.</li> </ol>
<b>Memory Exercises</b>	<ol style="list-style-type: none"> <li>1. Draw associations between names and other images, the person's interest, or the occasion.</li> <li>2. Do crossword puzzles or other games.</li> <li>3. Review photo albums, diaries, and calendar events.</li> </ol>
<b>Memory Approaches</b>	<ol style="list-style-type: none"> <li>1. Give other people time to recall information and names and draw associations i.e., <i>"The man who always brought us candy, drove that red Chevrolet, and had a black dog named Spark."</i> Be careful not to "quiz" the person.</li> <li>2. Present small amounts of new information at a time rather than trying to present a lot of information at once.</li> <li>3. Recognize when people are tired, sick, or tense, and avoid taxing their memory.</li> </ol>

Includes materials adapted from  
As People Grow Older, Oderberg & Smith, 1995  
*Tools and Gadgets for Independent Living*, American Association for Retired Persons (AARP),  
 2000