

Memory Strategies for Caregivers

- **Simplify information and reduce the amount of information presented**
 - ◆ be clear and concise with instructions
 - ◆ break information up into smaller chunks
- **Check for understanding and ask the person to repeat information and tasks (practice makes perfect)**
- **Try to help the person associate or link the new information to existing information**
- **Set up practice regimes with distributed practice**
 - ◆ It is better to work at learning something for a few minutes several times a day, than for an hour once a day
- **Help the person organize the information that needs to be remembered**
 - ◆ Set a specific and consistent time of day for certain tasks
 - ◆ Organize their workspace, i.e., a place for the mail and bills, a place for keys
- **Help the person use communication techniques that encourage actively processing the meaning of the information**
 - ◆ Paraphrasing what was said in their own words
 - ◆ Rehearsing and asking questions
- **Label drawers, cabinets, etc., with their contents**
- **Leave frequent phone messages for the person**
- **Provide verbal cues and reminders (such as prompts/choices) when the person is recounting something**
- **Provide visual lists, notes, and reminders**
 - ◆ A large simple calendar with activities clearly marked
 - ◆ A list of tasks to be accomplished, check off each task as it is completed
 - ◆ Encourage the use of an appointment book. It would also be helpful for this book to include telephone numbers and addresses as well as personal information to which the person will need ready access
- **Set alarms (i.e., cell phone) to remind the person of important tasks (taking medications)**

