

Strategies for Living with Memory Loss

Adapting the Environment

- put essential information/dates on a white board
- keep all keys, wallets, or glasses in the same place
- attach all important items to the person (glasses on a neck cord, wallet/phone on a belt clip)
- labeling cabinets with what is inside
- labeling perishable foods with expiration dates
- labeling doors to various rooms

Using External Memory Aids for Important Information

- large and visible calendars
- diaries or datebooks
- lists
- alarm clocks
- pill reminder boxes
- wall charts
- sticky notes

Following a Set Routine

- utilize the same basic schedule for every week. Decide what days and times certain tasks will happen on like grocery shopping, religious functions, fun outings, social outings, exercise classes, etc. Once this basic schedule has been decided, print it out and post it in the home for your loved one to reference.
- keeping morning and evening routines the same every day is also a useful tool

Take Small Steps

- break tasks down into smaller steps. Allowing your loved one to focus on just one step at a time allows for greater independence for them and less frustrations for you

Improving General Well-Being

- memory problems often have emotional effects causing feelings of anger, frustration, depression, and anxiety
- try activities that are relaxing and enjoyable to increase the general well-being of both yourself and your loved one