

**Memory Tips and Resources**

When someone has memory difficulties, memory aids can be useful. Certain ways of organising things may also help to jog the memory and reduce any forgetfulness, confusion and disorientation.

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# Memory aids

* Large calendar – to plan events and tick off the days as they pass.
* Large diary – to record events that have happened, e.g. visits, appointments.
* Keep a message book by the phone to record any important phone messages.
* Noticeboard/ white board – for reminders.
* [](https://www.bing.com/aclick?ld=e8ZVQTWz5MO5zkN7imcggOCzVUCUzIsWM_0jPNepxsCzG7GAsOiB2JITPWQI1W4swWp2Wlf6UfNNJPgFwbGV-3uxHxwvwNSXvuN2IeFrF_Ik6ALXztl0LqATQC6ci3B9EiJ1KKf2IOmqem_A9g4GiqHP3ii8rmPB8Zu5JhNeWvO0efWYTZtNLkg7GuXqvByJZYT1psdA&u=&rlid=96dab2bd759d18973339ed7761f3cc30)Large clock –placed in prominent position, some find analogue displays easier to read than digital.
* Day/ date clock – to help with orientation - some clocks also allow you to set reminders such as putting bins out, taking medication.
* Lists – tick them off as you complete them.
* Use mobile phone or smart speaker (e.g. Alexa) to set reminders.
* Visual prompts – e.g. leave your shopping list by your house keys.
* Keep a list of key numbers/ emergency contacts by the phone – add a photo of the person if that helps.
* If you struggle to find items, it may be helpful to label cupboards/ draws and list what goes where, add photos if this helps.
* Room signs with photos help some people to find their way around the home.

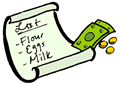
**Memory Tips**

* Sticking to a familiar daily routine can help to keep us organised and orientated.
* De-clutter and organise your belongings – this helps to reduce distractions too.
* Keeping things in the same place so they can always be found e.g. keys on hook.
* Talk yourself through a task or write down the main steps to prompt you.
* Use recipe cards with photos to support cooking tasks.
* Set things out in the order they have to be done, e.g. order of clothing for getting dressed, or items required for an activity.
* Break down activities into smaller achievable steps.
* If words are hard to find at times, make a photo book with key words/ phrases and associated photos. This can be helpful with names and faces too.

**Mental Stimulation to help preserve cognitive functioning**

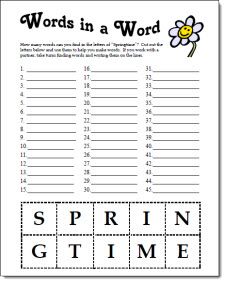
* Listening to the news/ reading newspapers
* Listening to music/ radio and audiobooks
* Doing crosswords/ word searches
* Sudoku/ number games
* Card games
* Art /Craft work
* Learning new skills
* Reminiscence
* Quizzes
* Watching documentaries
* Reading books/ short stories/ magazines
* Looking through photographs/ keepsakes

**Maintaining skills/ functioning**

* Tending to personal care
* Housework
* Preparation of food/ meals
* Shopping trips
* Using money
* Gardening
* Regular exercise
* Engaging in hobbies



**Stimulating Language**

* Word games e.g. Scrabble, Bananagrams, Dobble
* Taking part in discussions about current affairs
* Online groups and classes e.g. U3A, Future Learn
* Reading/ Audiobooks
* Social interactions - talk to people in group situations as well as one to one, use the telephone to keep in touch if face to face visits aren’t possible
* Word association puzzles e.g. Laurel and ……………
* Chatting about past events, use photos/ keepsakes to prompt memory
* Pick a subject then go through each letter of the alphabet naming relating items e.g. flowers, cars, film stars
* Making as many words as you can from a long word

**Healthy Lifestyle Choices – these help to reduce risk factors associated with dementia**

* Keep fit and maintain a healthy weight
* Take a healthy balanced diet, try to avoid fried and processed foods, and keep well hydrated
* Keep any long-term conditions well managed e.g. high blood pressure, diabetes, thyroid problems.
* Attend regular check ups with your GP and if you have any concerns about your health seek advice early.
* Review any long-term medication regularly with your GP.
* Limit any alcohol intake and stop/ cut down smoking if possible.

# Activity resources

* [www.activitiestoshare.co.uk](http://www.activitiestoshare.co.uk) - Activity resources
* ‘Quick Reads’ books have shorter chapters/ stories to make reading easier, these are available from the library.

**Puzzles**

* [https://freerice.com/categories/](https://freerice.com/categories/english-vocabulary)
* <https://crayonsandcravings.com/printable-word-searches/>
* <http://www.fun-with-words.com/rebus_puzzles_09.html>
* <https://freedailycrosswords.com/>

**Creative resources**

* <http://festival.ageofcreativity.co.uk/downloads/> for creative/ arts information and ideas e.g. virtual tours of Museums & Galleries, online dance and music workshops
* <https://www.justcolor.net/art/coloring-art/> for free colouring templates to download and print

**Keeping active**

* <https://www.shropshireccg.nhs.uk/news/new-physical-activity-booklet-for-older-adults/>
* <https://britishgymnasticsfoundation.org/lovetomove/>