

SOME HELPFUL MEMORY “TIPS”

- 1. It is impossible to cure your memory:** It is not possible to repair or exchange damaged nerve cells, neither is there a 'memory pill' to take in order to 'cure' your problems. You can, however, make more efficient use of your remaining capacities but to do this will take **time, effort and patience** with yourself.
- 2. Acceptance:** Try to accept that your memory is impaired to a certain degree and help others to accept and adjust to this too. When you can accept this you will then be able to react calmly and thus avoid frustration when you have forgotten something. Getting tense and anxious will only make your memory problem worse.
- 3. External memory aids:** Use external aids whenever possible. After all why try to learn things by heart when they can easily be written down or looked up?
- 4. Attention:** Pay as much attention as you can to the information you need/want to remember. Make sure that your environment does not distract you. Consciously focus on what you want to remember. Also take regular breaks so you don't get too tired.
- 5. Time:** Spend more time on thinking about the information you are being given. By taking more time you are more likely to remember. BUT spend your time efficiently; not too long, take pauses, frequently and little by little.
- 6. Repeat and rehearse:** If you repeat things they are more likely to 'sink in'. You can use repetition in a number of ways; simple repetition, spaced repetition (increase the time intervals) and varied repetition (in several ways and situations).
- 7. Association:** Make verbal associations e.g. linking items together in a 'story' and/or use visual images which will increase the chance of really remembering later on.

- 8. Organization:** Categorize/arrange the information you want to remember in a logical way. It may help to organise information into smaller chunks or into categories e.g. when you have to go shopping try to group your purchases into groceries, toiletries, vegetables, etc.

- 9. Anticipation and retrospection:** When you have to remember something in the future try to anticipate the situation in which you might need to remember it vividly and link what you need to remember with the retrieval. When you are trying to retrieve information you have stored in memory in the past try and think back to the original situation. Even the most seemingly irrelevant details of that situation e.g. colour of your shirt/dress might help you to remember.

- 10. Work in a systematic way:** Whatever method you use to remember (or retrieve) information, use that method in a systematic way. In other words if you use a diary *always* write your appointments down. If you use associations to remember names/situations *always* use that method. Also try to arrange your own surroundings in a systematic way so that you do not have to search when you need a particular item.