

Tips to Help with Memory Problems

Write things down - so you remember what you have to do. You may choose to keep a diary of things in your mobile phone and set reminders or you may prefer to use a whiteboard on the wall or diary notebook.

Find what works for you - You may like to use a combination. Signs, post-its and labels are very handy prompts to have in your home such as on wardrobes and on your fridge door.

Use a pill organiser - for taking medications.

Plan rest breaks in your day - because a tired brain makes it harder to remember things.

Set a routine for your day or week.

Keep checklists for key activities - like locking up the house if you're going out or turning off the oven after cooking.

Ask for support - for example, bring a family member or friend with you to take notes when you visit the doctor.

Be open and honest - Don't be afraid to tell your family and friends you have memory problems. It will help them to understand you better and help their communication with you.