

Hints and tips to help you manage if things slip your mind

If you often find you are forgetting to do things, the suggestions below may help improve your memory:

- Try to follow a similar routine each day so you become used to following the same set of tasks.
- Write all appointments/outings etc. in a diary and/or on a calendar and ensure you check these daily.
- Use just one diary or notebook so everything is in one place and check this daily.
- Always stay in the kitchen when you are cooking.
- Use a timer if cooking items in the oven.
- Always put things in the same place so you don't forget where you left them. E.g. keep the TV remote control on the coffee table.
- Make a shopping list and take it with you when shopping.
- Carry out brain training activities on a daily basis e.g. Sudoku/word searches/hand held computer games etc.
- Take your time when carrying out activities and do not cram too much into one day.
- Don't be afraid to ask people to repeat things and don't be afraid to admit you have a poor memory.

- > Try to be relaxed, if you get more anxious it will affect your ability to remember things.
- > Do not change what you do.
- > Keep functioning in the same way.
- > Keep to your pattern of daily tasks.