

# MEMORY FOR PROFESSIONALS



Memory is the brain's ability to retain previously experienced sensations, information, and ideas. Memory impairment is the inability to recall, organize, or process information.

## LOOK FOR:

- Inconsistency with steps of tasks or daily activities
- Difficulty recalling previously learned information
- Difficulty learning new information/organizing several pieces of information
- May appear inattentive, mentally foggy, forgetful
- Lacking follow through with activities or instructions

# MEMORY ACCOMMODATIONS FOR PROFESSIONALS

- Suggest keeping important information and materials in a single location (*such as a folder or a calendar*)
- Provide important information in both verbal and written form or suggest the individual write things down
- Provide the individual with multiple reminders of important dates and tasks
- Encourage the use of alarms and reminders.
- Encourage individual to complete tasks that challenge their memory (*e.g., memorizing new names*)
- Review information frequently and ask individuals to repeat back what they learned in their own words
- Schedule recurring appointments for the same day and time each week



CITATIONS

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