

# MEMORY



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

## LOOK FOR:

- Inconsistent 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

- Keep important items such as keys, wallet, papers, in one designated location
- Set reminders for yourself
- Write things down in more than one location such as on a paper calendar or in your phone
- Keep a journal. At the end of each day, write down what you accomplished and what you would like to accomplish the next day
- Try learning a new skill or language to improve working memory
- Label items in your home (*labeling cupboards, rooms, or labeling perishable foods with the date it was opened/prepared*)
- Schedule recurring appointments for the same day and time each week

**Do not push yourself too hard**

CITATIONS

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