



Memory Strategies for Daily Life

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Types of Strategies



Cognitive



Practical

Cognitive Strategies

Use mental strategies to aid your memory

Cognitive Strategies



INFORMATION
CHUNKING



LETTER AND WORD
MNEMONICS



RHYMES/MUSICAL
MNEMONICS

Cognitive Strategies:

Information Chunking

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Cognitive Strategies:

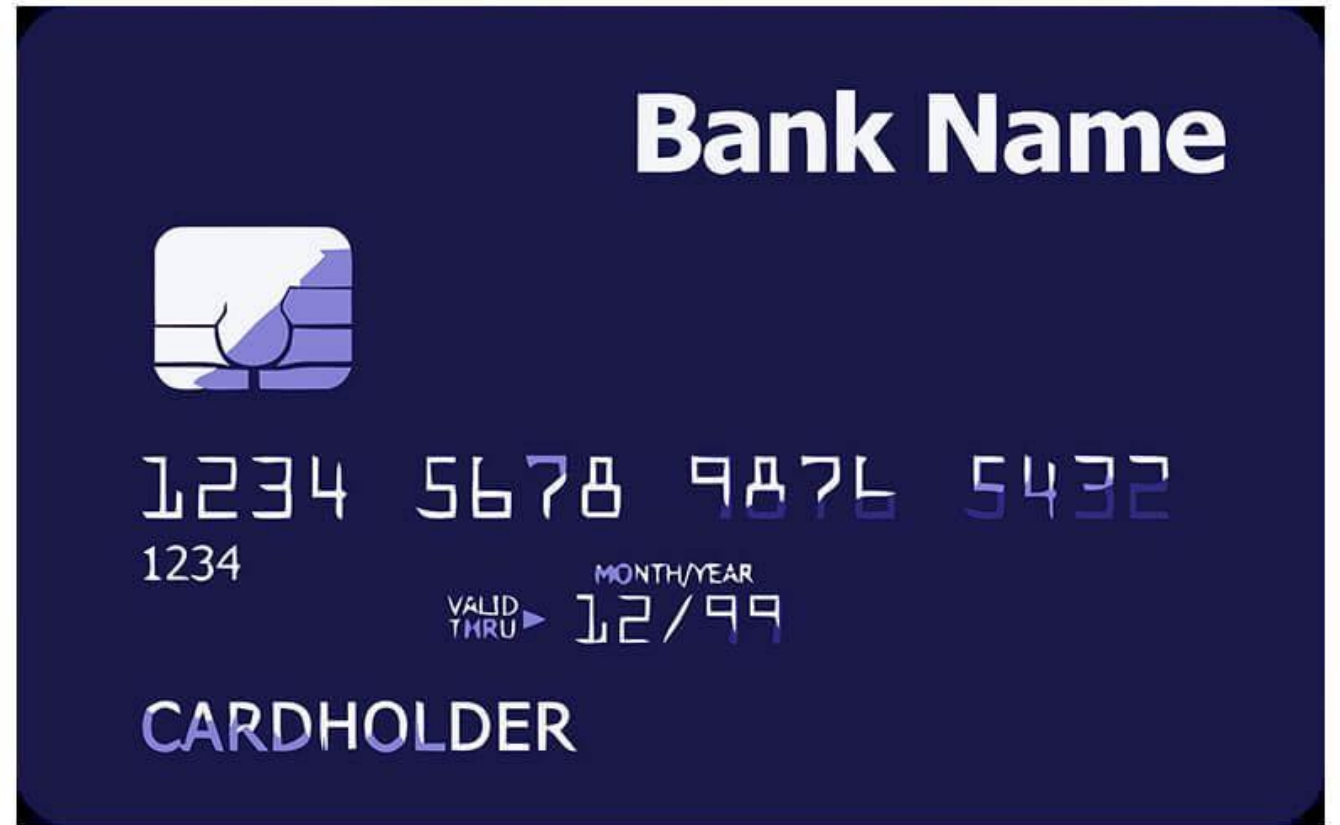
**Information
Chunking**

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Cognitive Strategies:

Information Chunking



**What other types of
information can we
chunk?**

Chunk Daily Activities

Morning

- Personal hygiene
- Medications
- Check calendar

Bedtime

- Personal hygiene
- Medications
- Check calendar

Grocery Lists

1. Cheese
2. Strawberries
3. Salmon
4. Paper towels
5. Milk
6. Chicken
7. Onions
8. Apples
9. Napkins
10. Eggs

Chunking Grocery Lists

List

1. Cheese
2. Strawberries
3. Salmon
4. Paper towels
5. Milk
6. Chicken
7. Onions
8. Apples
9. Napkins
10. Eggs

List by Department

Produce

- Strawberries
- Apples
- Onions

Meat/Deli

- Chicken
- Salmon

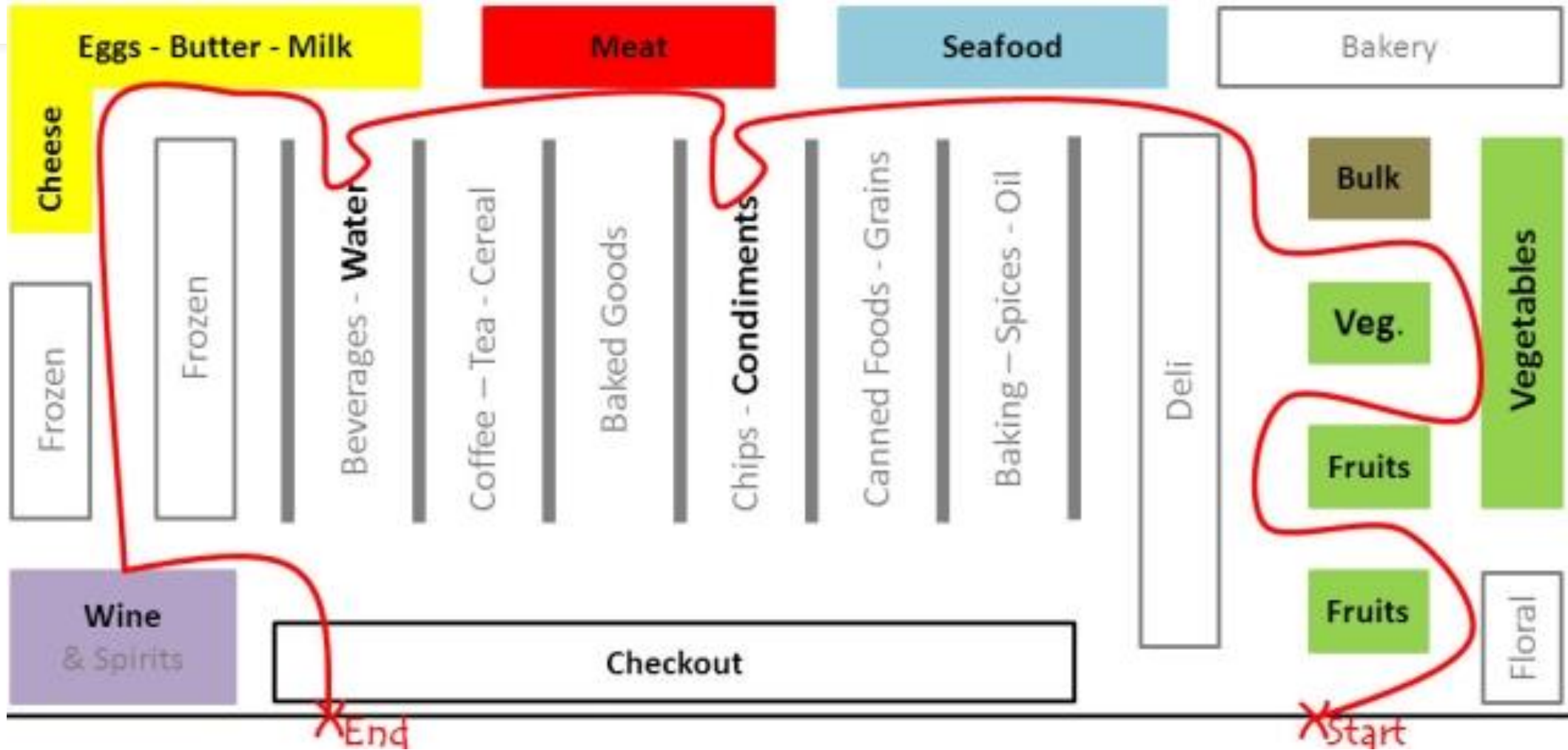
Dairy

- Milk
- Cheese
- Eggs

Paper Products

- Paper Towels
- Napkins

Chunking



Cognitive Strategies:

Letter and Word Mnemonics/Acronyms



MBWC

Letter and Word Mnemonics

"My Very Easy Method Just Speeds Up Naming Planets"



What other information can we use letter and word mnemonics with to help aid our memory?

Letter and Word Mnemonics: Recalling Names or Order of Names

Grandchildren

1. Evelyn
2. Leslie
3. Aaron
4. Paul
5. Peter

Find a Word

- Aaron
- Paul
- Peter
- Leslie
- Evelyn

Create a Phrase

- Everyone
- Loves
- A
- Pumpkin
- Pie

Letter and Word Mnemonics: Recalling Monthly Bills

Monthly Bills

- Housing: Rent/Mortgage
- Electricity
- Utilities: Garbage/Water/Sewer
- Phone/Internet/Cable
- Car/Insurance
- Credit Card

Using a Mnemonic

C ar
H ousing
E lectricity
C redit Card
U tilities (other)
P hone

Cognitive Strategies: Rhymes/Musical Mnemonics

Carpal bones

(proximal to distal, lateral to medial)

Scaphoid	Lunate	Triquetrum	Pisiform
S	L	T	P

Trapezoid	Trapezoid	Trapezoid	Trapezoid
W	R	C	H

Tarsal bones

(proximal to distal, lateral to medial)

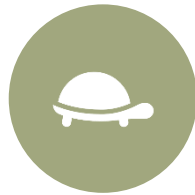
Talus	Calcaneus	Navicular
T	C	N

Navicular	Cuneiform	Cuneiform	Cuneiform
A	I	L	L
Cuneiform	Cuneiform	Cuneiform	Cuneiform
C	I	C	C

Additional Cognitive Recommendations



Reduce
Distractions



Slow Down



One Task at a
Time



Pay Attention



Repetition &
Rehearsal



Take Breaks

Practical Strategies

Create good habits, practices, & routines

Practical Strategies



KEEP YOUR
BELONGINGS
ORGANIZED



USE A CALENDAR



TAKE NOTES



CREATE TO DO
LISTS



CREATE
ENVIRONMENTAL
SIGNS

Practical Strategies:

Keep your belongings organized

- Place your keys, wallet, purse, eyeglasses, etc. in the same place
- Keep your medications where you will be sure to see them
- Have a place in each room that you keep your cellular phone
- Keep your environment decluttered and organized: everything should have a place



Practical Strategies: Calendar



One

Use only ONE calendar

Take

Use a calendar that is small enough that you can take it with you wherever you go

Review

Review this calendar every morning and night, as well as throughout the day, to help jog your memory for upcoming activities/appointments

Cross

Cross off the day before you go to bed at night

Practical Strategies: Take Notes

Reduce the demands placed on
your memory



Practical Strategies: Take Notes

1

Keep notes in
one location

2

Keep notes
organized

3

Review
important
information
regularly

4

Discard notes
that are no
longer
relevant

Practical Strategies: Create To Do Lists



Use concise, simple language



Check them off when completed



If they are not completed by the end of the day, move items to the following day



This can be a section in your notebook or calendar

Practical Strategies: Use Environmental Signs or Cues

- Signs can serve as reminders/cues
- Place signs in locations where they will be seen
- Signs/cues should be simple and intuitive
- Don't use too many signs



Additional Practical Strategies

- Use a pillbox
- Use alarms
- Use technology
 - Autopay
 - Cell Phone Applications
 - Calendars
 - Reminders
 - Photos
 - Our Groceries Shopping List
- Don't be afraid to ask for help!



Resources

- Memory and Brain Wellness Center “Living with Memory Loss” Handbook (available online) – “My Daily Life”
- Alzheimer’s Association “Tips for Daily Life” (online)
- Book: Living Your Best with Early-Stage Alzheimer’s by Lisa Snyder
- Browse the Applications Store in your cellular phone

Review

1

Use cognitive strategies & create a good learning environment to aid your memory

2

Create good routines & habits

3

Utilize available resources