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

12067443576

1 (206) 744 3576
Cognitive Strategies: 03032021

Information Chunking 03/03/2021
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
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**

<table>
<thead>
<tr>
<th>Produce</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>Milk</td>
</tr>
<tr>
<td>Apples</td>
<td>Cheese</td>
</tr>
<tr>
<td>Onions</td>
<td>Eggs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meat/Deli</th>
<th>Paper Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Paper Towels</td>
</tr>
<tr>
<td>Salmon</td>
<td>Napkins</td>
</tr>
</tbody>
</table>
Chunking
Cognitive Strategies:
Letter and Word Mnemonics/Acronyms
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

<table>
<thead>
<tr>
<th>Grandchildren</th>
<th>Find a Word</th>
<th>Create a Phrase</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Evelyn</td>
<td>• Aaron</td>
<td>• Everyone</td>
</tr>
<tr>
<td>2. Leslie</td>
<td>• Paul</td>
<td>• Loves</td>
</tr>
<tr>
<td>3. Aaron</td>
<td>• Peter</td>
<td>• A</td>
</tr>
<tr>
<td>4. Paul</td>
<td>• Leslie</td>
<td>• Pumpkin</td>
</tr>
<tr>
<td>5. Peter</td>
<td>• Evelyn</td>
<td>• Pie</td>
</tr>
</tbody>
</table>
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
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

<table>
<thead>
<tr>
<th>One</th>
<th>Use only ONE calendar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take</td>
<td>Use a calendar that is small enough that you can take it with you wherever you go</td>
</tr>
<tr>
<td>Review</td>
<td>Review this calendar every morning and night, as well as throughout the day, to help jog your memory for upcoming activities/appointments</td>
</tr>
<tr>
<td>Cross</td>
<td>Cross off the day before you go to bed at night</td>
</tr>
</tbody>
</table>
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