



Memory Problems

Memory is your brain's storage of what you have learned and experienced. It allows you to remember and deal with situations as they happen. Memory impairment is when you have difficulties with parts of that memory system. For example, a memory impairment makes it hard to learn new information or to remember old information when you need it. Some people with memory impairment find themselves losing important items, forgetting what people tell them or what they have read, losing track of time, forgetting what they did or learned recently, and forgetting appointments or meetings. If you notice any of these problems, using and practicing the following suggestions can be helpful:

1. Keep important items (e.g., keys, wallet, papers) in one designated location to establish a routine.
2. When you are given important things to remember, try documenting them in multiple forms. For example, when making an appointment, write it down in a notebook and also on your calendar.
3. If you find yourself forgetting things you have read, try creating mental pictures of the material you read as you go. The more imagination you use while you read, the likelier you are to remember what you are reading.
4. If you struggle to keep track of time, try setting reminders for yourself. You can do this by setting alarms on electronic devices to keep yourself on track.
5. Be patient with yourself. Consider keeping a journal. At the end of each day, write down what you accomplished and what you would like to accomplish the next day. Set an alarm to remind yourself to record information in your journal.
6. If you have difficulty learning new information, try training your attention. Things such as learning a new skill or language may improve working memory.
7. If you find yourself missing important information about meetings, there are several different tools that can help you remember. For example, you can use a calendar, a daily log or diary, schedules, or steps to complete tasks.
8. Consider scheduling regular appointments that fall on the same day and time of each week if possible.
9. Getting proper sleep can help with memory. Refer to the sleep checklist handout.

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