



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. People with memory problems can lose parts or all their memory. Memory problems can make it hard to have a conversation or follow directions. You might lose important items, forget what people tell you, forget what you learned in school, and forget appointments or meetings. You may feel anxious, frustrated, or ashamed because of these problems. These tips may be helpful:

1. Commit to a routine each day. For example, always keep important items (like your phone, wallet, and keys) in one place, such as by the front door, so you don't forget where they are when you need them.
2. Keep track of important information in as many ways as possible. For example, bring a notebook, smartphone, or planner to appointments so you can write down your next meeting time.
3. If you have a smartphone, use reminders or alarm applications to keep track of important dates or things you need to do. If you do not have a smart phone, take notes during school, treatment, or in other meetings and appointments to keep track of important dates or assignments.
4. Physical activity can help your memory. Try going for a walk every day and make time for physical activities (e.g. playing sports, walking your dog, etc.) to help your memory. You can also bring clay or a stress ball to class to stay active while sitting if your school approves it.
5. Sleep is essential for your memory function. If you have trouble sleeping, look at the sleep tip sheet for advice on getting enough sleep.