



# Memory Problems, Forgetfulness & Aging.

Here's some advice to stay sharp and prevent memory loss.

- 1. Focus your attention.** Engage your brain in activities that promote focused concentration such as crossword puzzles, jigsaw puzzles, Sudoku, Scrabble, or even Candy Crush!
- 2. Put organizational systems into place.** Create a 'designated home' and establish routines for returning the essentials you use every day. Keys and purses go on hooks by the door. Mobile phones stay in your holster on your waist.
- 3. Stay physically active.** "Clear your mind" as they say by prioritizing exercise such as a daily walk or low impact stretching. Minimizing physical stress can open your mind's ability to focus on retaining new information.
- 4. Use external aids to remember for you.** Write important dates and appointments down in a planner. Utilize a calendar for tracking information. Set a timer on your smart phone. Use a medication organizer. Utilize Alexa or other devices to make lists, set reminders and store information for you.
- 5. Learn internal strategies to assist with memory.** These techniques might include repeating information (out loud is even better!), relate new information to things you already know, chunk information together, utilize mental imagery, develop clever mnemonic devices (special rhymes or silly poems) to help recall information quicker.



- 6. Maintain healthy daily habits.** Get regular sleep, consume a healthy diet and manage chronic conditions. Discuss with your physician any medications that may be impacting your memory. The better you take care of yourself, the better your memory is likely to be!

*Speech pathologists can play a vital role in screening for early identification of changes in memory and develop individualized plans to improve and/or compensate for changes in memory. Our evaluations often include a review of medical history, a subjective review of concerns as well as comprehensive cognitive assessments.*

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