# Difficulties with memory

## Information for you

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Memory is like a filing cabinet. It relies on many different stages to work well. If you have not paid attention in the first place, you will not remember the information. You also need to remember where and how you have stored that information to be able to locate it at a later date.

## Memory can be effected by :

- Noisy environments
- brain changes
- worry/stress
- quality of sleep
- energy levels
- medication
- physical health
- mood

## Problems with memory can be:

- Forgetting people's names that you know well.
- Not remembering what happened in books/tv programmes.
- People often saying "I've told you that before".
- Not remembering to take medications or knowing whether you have taken them already.

- Leaving devices such as the oven on regularly.

- Losing items frequently.

## How to improve memory:

- Have a designated place for everything and keep everything in that place.

- Put important things in visible places, for example, if you need to remember to take something with you, leave it at the front door.

- Use tools such as reminders on phones, alarms, white boards and diaries.

- Keep notepads and pens in every room.

- Make it as easy as possible to pay attention.

- Use rhymes/poems/associations to help remember things.

- Don't stress, being put on the spot can make your memory worse. Give yourself a moment to breathe.

- Have go to strategies in place, for example, if you can't remember someone's name, can you call them pet/mate.

- Let others help.

- Notice and acknowledge how you feel.

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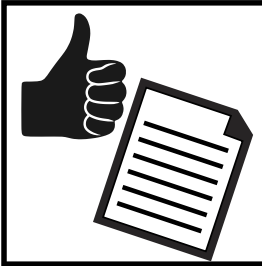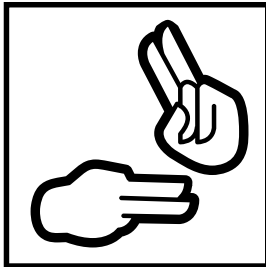
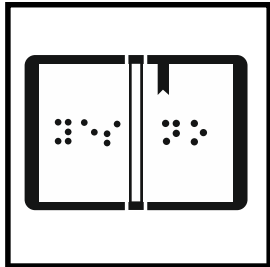| | | |
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