

Examples

Title	Names
Repeat Name	Hello Mark, nice to meet you. How is your summer, Mark. Nice meeting you Mark.
Other way	Other way to hear name again – Do you have any nick names?
Spell	How do you spell your name?
Associate	Joan from Jersey. Daisy from the garden. Jessie Tall.
Ask	I'm sorry what did you say your name was?
Hearing	I'm sorry I had trouble hearing what you said. What is your name?
Animals	Associate name with animal. Kimberly Kitten.
Rhyme	Terry Berry
Friends	Maybe you have friends that know those people's names that can help
Write	Write on index card or piece of paper right away.
Journal	Keep journal of names you learned. Review periodically
Phone	Ask them to put their name onto your cell phone
Research	You could say you are participating in research study and that is why you are writing down their name.
List	Does your building have a name list? Does the church have a names list? Is there another way to get list of names.
Email	Ask for their email address.
Facebook	Ask to be friend on facebook
Honesty	Sorry, I'm terrible with names. What was it again?
Question end conversation	Ask about the meaning behind their name. Nationality? How named? End the conversation by reminding them of your name. It was great meeting you. My name is so-and-so. And what was yours again?
Introduce yourself	Can't remember people's names in groups. Say introduce yourself to my friends and they will say their name
Name tags	May be useful to have name tags at some events

Examples

Title	Word to Use
Items	Details
Filler	Things to say when difficulty getting word – What do you call it? This, that, the movie at silver city
Socially active	Practice conversation
Crossword puzzles	Practice with words
Physical	Hearing and vision tests
Physical exercise	Good for cognition, go for walks (remember to check with doctor and fitness trainer for safety considerations)
Internet	Google, http://chir.ag/projects/tip-of-my-tongue/
Delay	Give it a second or two, word may pop out
describe	Give the listener information about what the thing looks like
Associate	See if you can think of something related
synonym	word that means the same
Write down	In cell phone, program words that you think will be useful, or words you forgot.
Diary	Record what is important to talk about
Social contact list	Create a list of people's names and things you will talk about. Bring information with you.
Cue Cards, flash cards	Read reminders every day if something important to remember.
Checklist for day	Have daily checklist and people you will likely see and things you want to remember to talk about
Honesty	I can't think of the word
First letter	Does it start with A? Does it start with B?
Syllables	Break word up by syllables
Music	Sing a song of what you want to remember

Examples

Title	Reading
Items	Details
Distraction	quiet place, some locations easier to concentrate, try library, try headphones block out sound, pick time of day less distracted, time of day easier to concentrate, time of day more interested in reading
Workspace underline	remove clutter, only have what you are reading present, make sure comfy underline or highlight keywords, when done page go back and read all keywords and think about how they are associated with other keywords
bookmark	forces me to look at one line at a time, can't jump ahead, slows reader down, easier to remember what line is being read, computer also has software for focusing on one line
online	Easier to concentrate, copy articles to word, that way you can either delete rows that are already read or highlight row you are reading, also copying to word allows you to highlight key words, if I am having trouble concentrating I save what I want to read in word and pick a time when less distracted
computer folders	I copy articles to word and save to folders for topics for retention, for example I have folder for newspaper articles that I may use in future research, I have folders for other themes (e.g., humor)
summary	write paragraph summary of page you read
Questions	Ask questions that make you reflect on what you read
review	review summaries you wrote, if it is important to remember then read summary every day, or just store it for future use
pocket notebook	page for name of book, item is page number, details is summary of what is important
plan	if you want to remember what you read, have a plan to remember it, checklist to review what was important that you read, join club where you need to remember it such as book club
share	telling someone else about what you read helps to remember e.g., student presentation of articles. Social motivation. Pick it as a memory goal
track	keep diary of details about your reading. Track time, reading material, difficulty, and what you did to make it easier to read. Look for patterns.
easy	Experiment with different strategies. Ask yourself the question 'Is this easier for me?'
Suggestions	Read books that discuss reading. Look on internet for advice. Ask friends what they do to remember what they read.
Strategies	Add to this list any strategies you come up with

Examples

Questions for Getting Memory Goals – paraphrase

- Do you have any memory **difficulties**?
- What areas of memory do you think could benefit from **improving**?
- What do you **enjoy** remembering?
- What are you **interested** in remembering?
- Describe to me some of the things you do on a **typical day**.
- What do you enjoy doing?
- What **upcoming things** will you need to remember?
- What things do you need to remember?
- What do you have in your memory that you would like to use - **share** with others?
- What have you **learned** that you would like to share with others?
- What do you think is important to remember?
- What do you wish you could remember but forgot?
- Describe to me some things that you have forgot?
- What **mistakes** have you made that you would like to avoid in the future?
- What mistakes do you make now?
- What would you like to make **easier** to remember?
- What **reminders** would be useful for you?
- What are you **thankful** for?
- Describe to me the **tasks** you do in a day?
- What makes it easier for you to remember things?
- What like to do with **rest of life**?
- Does **anyone else** in your life have memory difficulties?