

"Memory Goals of Older Adults using a Simple Memory Tool"

Memory Suggestions

Note taking:

Use:

- diaries
- calendars
- sticky notes
- checklists
- labels on objects



Goals:

Set attainable goals (e.g., 2 goals) per week for memory.

Base goals on your:

- memory difficulties
- interests
- tasks in a typical day

NAMES DIARY

Jerry Person with glasses

Barb Lady who likes cats



Morning Tasks

- get bag
- take keys
- check stove

Teaching/Learning Tips:

- recognition rather than recall
- location free of distractions
- many repetitions
- few items at a time
- avoid multi-tasking
- accessible written instructions
- organise (e.g., folders, items in one spot)

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Success may be greater for goals when:

- Goals build upon goals from previous week
- Goals are specific (e.g., checklist plan for memory fog)
- There are less distractions
- Goals are started early in the week

