

"Where Are My Keys?"



Presented By
Daniel Saltel

Location

Rady JCC Centre

Event

Wellness Series

Day

Oct 15, 2018

11:30 am

Overview

1. Presenter Information Daniel Saltel
2. Things you can do that may assist you with memory
3. Discussion

Daniel

Saltel

Who is Daniel Saltel

University of Manitoba researcher

Areas of research:

- Aging
- Memory
- Safety

Credentials:

MSc Community Health Science

BSc Psychology Honours

BSc Computer Science

**Things That you
Can do That May
Assist you With
Memory**

Memory Suggestions – Note taking



Take Notes.

Note taking:

Use:

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



Memory Suggestions – Teaching/Learning Tips



Make it easier to learn.

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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Morning Tasks

- get bag
- take keys
- check stove

Memory Suggestions – Goals



Set goals for memory on a regular basis.

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

Memory Suggestions - Goals



Set 2 goals for memory per week.

Ideas of questions to ask yourself to determine goals:

- 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.

Memory Suggestions - Success



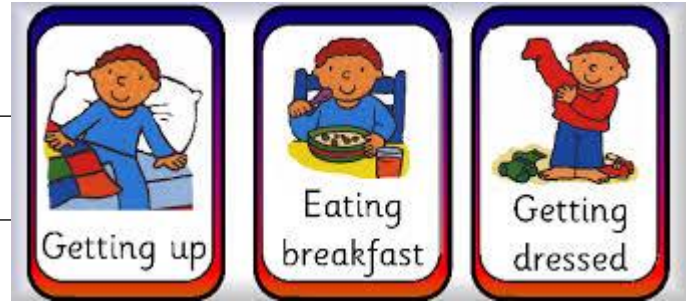
Do what is easiest for you to be successful.

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

Memory Suggestions – Structured Day

9:00	Get newspaper
10:00	Haircut at Sam's Barber Shop
11:00	Grocery store for milk
12:00	Lunch (egg salad sandwich and tomato soup)
1:00	Rest
4:00	Walk in the neighbourhood
6:00	Dinner (chicken and rice)



Schedule posted on bulletin board

Memory Suggestions – Strategies

	Names
<u>Say</u>	Say person's name
<u>Rhyme</u>	Think of word that rhymes (e.g., Terry Berry)

For Memory goals, create a list of strategies.

Memory Suggestions

Day planners

Music

Avoid

Calendars

Repetition

Multi-tasking

Labels

Timers

Avoid
Distraction

Diaries

Big Font
Clocks

Crossword
Puzzles

Stay Active

Pocket
Notebooks

Checklists

Art

Items same
place

Pets

Discussion

Things That are Beneficial for Memory

There is a great amount of information that is available about what is beneficial for memory.

Healthy Behavior
<ul style="list-style-type: none">•Nutrition•Exercise

Strategies
<ul style="list-style-type: none">•Repetition•Labels•Diaries•Organization Skills

However, for the information to be useful there needs to be:

- a) Goals – to use the information
- b) Plans – to carry out the goals

Discussion

Goals:

What are memory goals for you?

Strategies:

What are possible memory strategies for you?

Plan:

Create a temporary plan.

2018 OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

Goals

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**?

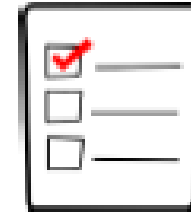
Does **anyone else** in your life have memory difficulties?

Strategies

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Questions?