

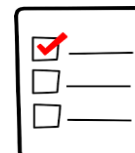
# "Memory Goals of Older Adults using a Simple Memory Tool"

## 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:

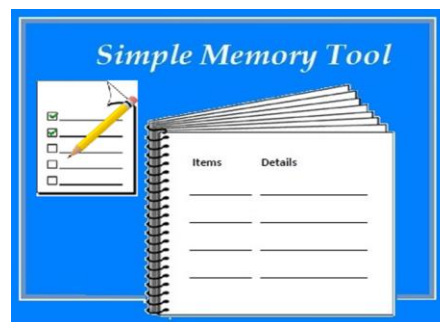
- recognition rather than recall
- location free of distractions
- many repetitions
- few items at a time
- avoid multi-tasking
- accessible written instructions
- organise (e.g., folders, items in one spot)

**Repetition Repe  
on Repetition  
ition Repetiti  
petition Repe  
Repetition Re  
on Repetition**



### 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



# "Where Are My Keys?"

## Discussion

---

Goals: What are memory goals for you?

Strategies: What are possible memory strategies for you?

Plan: Create a temporary plan.

<b>2018 OCTOBER</b>						
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			

<b>NOVEMBER 2018</b>						
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