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KEEPING MEMORIES ALIVE: TIPS TO HELP YOU REMEMBER

June 24, 2011 by cpehrson

All of us forget things once in a while. Putting a string around your finger to help you remember might work, unless you forget what the string is for!

If you find that your forgetfulness is causing you problem, there are a few things that you can do to help you cope.

Write it down.

• Keep lists
• Keep a detailed calendar/planner
• Keep phone numbers and other contact information in an address book.
• If you have trouble remembering how to do something, write down the steps.

To remember where you put things

• Put important items (keys, purse, cell phone) in the same spot
• If you have to put something down in a different place, say the location out loud.
• If necessary, write down where things are.

To stay on top of times and places

• Set an alarm clock or timer to remind you when to leave for an appointment.
• Use a map/gps to help you get to an unfamiliar place.
• Ask family and friends to remind you of where you need to be and things you’re supposed to do.

Following the same routine each day will help you stay organized and keep your mind clear.

Note: This is the third in a series of blogs about fighting memory loss that will be posted throughout the summer. The next posting will give you some good ideas of things to do to stimulate your mind.