

Memory and Cognitive difficulties

Strategies for managing difficulties with memory:

- Encourage others not to provide you with the answer immediately when you are trying to remember something. Start by asking for a cue or a prompt which will help you to retrieve the information e.g. ask for the first letter of a name to help you remember the whole name or if you are looking for something think of where you were last time you had it. If you are unable to remember ask which room you should look in and look around.
- If you can get into a regular routine you will know what to expect which will minimise the demands on your memory and limit any irritability.
- Using your mobile phone to record and remind you of appointments.
- Using a notepad to record messages and things you wish to remember.
- Take responsibility for completing a wall calendar to prompt communication with family and forward planning.
- Post-it notes as visual reminders.
- Support from your family.

Strategies for managing difficulties with attention:

- Plan extra time for activities and tasks and set realistic goals.
- The process of writing information down can assist with attention and recognition of information.
- Reduce distractions/work in a quiet area when needed.
- Ask others not to interrupt you – visual cues such as a sign or simply wearing earphones.
- Plan activities so that you do the most demanding tasks at your best times.
- Pace yourself.
- Schedule rest periods – time goes quickly especially when online, set a timer for 15-20 minutes so you can switch activity or at least stretch/change position/give your eyes a break.
- Break long/demanding activities in to shorter chunks and try to balance them with lighter activities – take rests (little or no stimulation, away from disturbance).

Strategies for managing slowing in information processing speed:

- Give yourself longer to take in and retrieve new information.
- Tell people you may be slower, but you will get there in the end.
- Ask others to be clear and to the point to reduce the amount of information that has to be remembered, just concentrating on the essentials.
- Ensure others give you more time to complete tasks.
- Try to plan ahead as much as possible to avoid having to think on your feet.
- Go over information in your own time so that you can take it all in.

Strategies for managing thinking and reasoning:

- Weigh up pros and cons.
- Write down/talk through your ideas and choices (particularly in new or unexpected situations).
- Be prepared to think about and try different ideas or approaches.
- Seek suggestions and ideas from others.

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