

Memory Aids

- **Keep a “to do” list**
 - Written on notepad
 - Electronic on smartphone/tablet
 - Sticky notes
 - Dry erase board in central location
- **Keep notes**
 - Write things down in journal, memory book
 - Keep a list of current medications-you keep a copy and give a copy to family
- **Get organized. Keep everything in its place**
 - Put glasses in same spot - ex. On nightstand
 - Keys-beside door, purse
 - Important/emergency phone numbers beside phone
 - Keep medications in same spot
- **Establish routines**
 - Take medications at the same time, and place
- **Keep calendar/day planner**
 - Written or electronic
 - Big or small
 - Helps keep track of activities, appointments
- **Medication dispensers**
 - Pill box
 - Automatic medication dispensers

- **Set reminders/alarms**
 - On smartphone, PDA
 - Remind of events
 - Taking medications
 - Appointments
 - Daily tasks such as checking blood sugar, blood pressure
- **Label drawers, cabinets, dressers**
 - Cues where to locate specific items
- **Hand-held tape recorder**