

***LIVING WITH MEMORY LOSS SERIES***

**WAYS TO HELP YOURSELF**

***( Created by people with memory loss  
for people with memory loss )***

**1. Keep track of appointments and things**

- ❖ Put an oven mitt in the middle of the floor to remind you the oven is on.
- ❖ Use post-it notes to remind you of important things to do or to remind you how to operate appliances
- ❖ Keep a day planner next to the telephone to write appointments in.
- ❖ Use a weekly dispenser for pills.

**2. Exercise both physically and mentally**

- ❖ Read the paper to keep your mind active
- ❖ Take up swimming or walking
- ❖ Join a choir—the mental stimulation is good and it lifts your spirits

**3. Participate in social activities**

- ❖ Stay involved with hobbies and interests
- ❖ Volunteer your time to help someone else

**4. Stay independent and safe**

- ❖ Carry your name, address and phone number in every sweater and coat pocket, or buy a bracelet to put this information on.
- ❖ Don't carry a lot of money with you
- ❖ Write HOT above the hot water tap in the shower or glue a red disk on the tap. Use arrows to indicate ON.

## 5. **Put your affairs in order**

- ❖ Make a Power of Attorney.
- ❖ Write a "love letter" to your children, spouse, friends sharing precious memories. Save for a future time
- ❖ Write a family history. Some stores sell books with questions to help prompt you for details.

## 6. **Keep in contact with your doctor**

- ❖ Find out about the use of vitamins to stay healthy
- ❖ Ask about prescription drugs for dementia (they may help reduce some symptoms)
- ❖ Keep a list of things that happen and your responses to any medication so when you have your appointment, you can bring the doctor up to date.

## 7. **Work on your attitude and think positive!**

- ❖ Keep your sense of humor (or develop one!)
- ❖ Write a "gratitude journal" to record all the things that made you happy or thankful today.
- ❖ Who cares if you forget? There is no test at the end of the task or the day. Enjoy!

*Produced by the Early Stage Support Groups in the North/Central Okanagan Region of the Alzheimer Society of B.C., created by people with dementia for people with dementia*