

Keeping Memory Sharp

7 tools for keeping your memory sharp

1. Concentrate

- If you want to remember something later, pay attention
- Ask yourself questions such as: “Do I understand? Do I need more information?”
- Try to relate information to a personal experience

2. Focus

- Reduce distractions and amount of noise

3. Slow down

- Do not rush, relax
- Think through what you have to remember slowly and carefully, as if learning it new for the first time

4. Organize

- Keep important items in the same place at all times
- Try a mnemonic (remembering) strategy
- Organize information by similarities or differences

5. Write it down

- Carry a notepad and calendar at all times.
- Write down important things
- Use diagrams or charts if that is easier for you
- Use sticky notes

6. Repeat it

- Repeat information out loud
- Repeat information in your own words
- Repeat a person’s name when meeting them for the first time

7. Picture it

- Connect a picture of what you want to remember
- Use cartoons, graphs or pictures
- Using movement and detail will help you remember better

Adapted from AARP Web site, and the Dana Alliance for Brain Initiatives