Get organised!

By putting some simple systems in place, it will save you time and help you be organised:

- Have a clear **calendar** pinned up so it is easy to see. Write in important birthdays and appointments on it. Mark off the days as they pass.
- A **whiteboard/blackboard** is useful too. Jot down important phone numbers, contact details or messages.
- Have a **designated spot** for keys, glasses, mobile phone, letters and bills. Always return the things back there so they are ready when you need them.
- Keep a **notepad (and pen)** by the phone for messages. One by the bed is also useful. **To-do lists** are a great way to keep organised, tick off the items as you go.
- A **diary** is a quick way and easy way to keep track of important dates and events.
- Use the **'notes'** feature on your phone as a reminder. You can set an alarm to go off as a cue too.
- **Text messages and emails** are a great way to keep a record of appointments or information.

Other things you can do:

Mental Stimulation

Keep your mind stimulated
- Listen to the radio
- Watch television
- Play cards
- Visit museums/ galleries/ events
- Visit friends and family

Physical Activity



Keep active
- Walking
- Dancing
- Swimming
- Pitch and Putt
- Yoga
- Playing with grandchildren
- Cycling
- Anything you feel comfortable doing

A healthy diet is also important.



Tallaght University Hospital | Ospidéal Ollscoile Thamhlachta
An Academic Partner of Trinity College Dublin

PATIENT INFORMATION LEAFLET

Practical Tips for Memory and Language Stimulation



As we get older there can be changes in the speed at which we process information. It can also be harder to focus. This can be made worse by reduced hearing or sight. If our memory is not as good, it is not as easy to keep information to hand.

Common signs of difficulty

- Forgetting people's names
- Forgetting names of objects
- Tip of the tongue feeling
- Losing your train of thought when speaking
- Losing track of the conversation, particularly if more than one person is talking
- Difficulty focusing on a topic
- Reading or writing difficulties

Just like we can exercise our body to stay fit and agile, we can do the same for our brains.

What you can do to help!

-Social engagement
-Mental stimulation
-Physical activity

This leaflet gives some examples of exercises that you can do to help keep your brain, memory and word finding flexible. **"Use it or lose it!"**

Keep reading: read what you still enjoy; newspapers, magazines, books, recipes, RTÉ Guide. You can get larger print books from your local library or use a magnifying glass to help with your eye-sight. If you find large novels too challenging, short stories are a great alternative. Breaking the newspaper into smaller chunks can help too. Magazines are a light and easily transportable way to keep up on news and events.

Crosswords and word puzzles: help keep the words 'alive' in your head.

Number puzzles such as Sudoku: help exercise your concentration and your ability to manipulate numbers.

Write birthday cards: writing and sending cards and letters are a useful way to practise spelling and hand writing. It's also a great way to stay in touch.

Send emails: if you are computer savvy, emails are an easy way to keep in touch with family and friends. You can type at your own pace and easily correct mistakes. Spell-check is very useful.

Stay social: keep meeting up with friends and family. Meeting and chatting with people that you don't see everyday keeps the brain stimulated. If you can't remember a person's name, just ask, it happens to everyone. Clubs, groups and charity work are a great way to meet people too.