10 Top Memory Tactics

Improving the memories of people with dementia does not have to involve arduous training, complicated approaches or tough regimes. Quite simply, it requires a caring attitude, an understanding of the needs of elderly people with dementia, and a belief that it is possible to improve both their quality of life and their memories.

1. Never ever say, “Do you remember?”

2. Always tell a story about the event that you’d like the person to remember.

3. Weave word pictures into your story with unusual, colourful, humorous and sensory illustrations.

4. Give the person time to recognise the event and to contribute his or her personal experiences to the story.

5. Tell the person at every opportunity:
   - “Your memory gets better every day.”
   - “It’s easy for you to remember anything you want to.”

6. Ensure that the person’s self-esteem is constantly boosted.

7. Remember: stress is memory enemy number one.

8. To avoid creating stress:
   - Accept the person and situations as they are.
   - Appreciate that things take time.

9. Nurture the brain:
   - Drink 8 glasses of water each day.
   - Get plenty of fresh air and exercise.
   - Take in lots of daylight.

10. Laugh long, hard and often!

Source and Courtesy: Dementia Care Australia