

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