

How to contact us:

• Write it down

If you write down people's names, appointments, things you need to do and thoughts you want to remember you can look and remind yourself:

- Use a Calendar or Diary – This can help you keep track of days and appointments. A daily newspaper can also help. Encourage family to use it as well, they can remind you to write things down or write them down for you.
- Keep important telephone numbers by the phone. Such as GP, relatives.
- Keep a 'To-do' list— add to it and tick things off as you do them
- Use labels to remind you of things. Such as “turn the cooker off”, “lock the doors”.
- Have a daily plan of what you are doing and keep it in sight



Community Mental Health Team for Older People Tel: (028) 9504 0346

operates from Monday to Friday
9am to 5pm

We also offer an extended telephone advice and support service for people living with DEMENTIA and their carers operating:
Monday to Friday until 8pm
Saturday to Sunday 10am to 2pm

If you need to speak to someone outside these hours please contact:
Regional Emergency Social Work Service
(028) 9504 9999

www.belfasttrust.hscni.net/services/CommunityMentalHealthTeams

HSC Belfast Health and Social Care Trust

Difficulty Remembering?
What Can Help



Specialist Dementia Outreach Service
Information for Patients

After your appointment..... Your Memory needs some help

As you get older your memory might need a bit of help just like you might need glasses or a hearing aid.

Don't be too hard on yourself if you don't remember something and don't be afraid to ask for help. Explain your memory is not so good; most people will have had experience of poor memory at some time and will understand.

Here are some tips that people tell us have helped them - Not all of them will suit you, but try the ones you think will be most helpful.



• Take good care of yourself

- Eat well,
- Take regular exercise,
- Spend time with your friends and family regularly.



• Keep a Routine

- Keeping a routine helps us to remember what needs to be done next.
- Use your phone, an alarm or a timer to remind you to do something at a certain time.
- Make connections—for example, take your medication in the morning with a cup of tea - every morning!
- Have a daily plan of what you are doing and keep it with you. Tick tasks of your list as you complete them.

• Do one thing at a time

- Remove distractions—turn the TV or radio off
- Remove clutter—work in a clear space
- Pay attention to what you are doing
- Talk out loud - 'I am taking my glasses off and setting them on the table'

• Take your time

- Don't panic, give yourself time
- Break tasks up into small steps
- Finish one task before starting another
- Be patient with yourself – getting frustrated will only make it harder to remember

• Have a memory place

- If you are taking something with you when you go out leave it by the door. This will help remind you to take it.
- Have a place to keep glasses or keys etc.
- Using a large glass bowl means you can easily see what is in it.
- Keep the bowl in view— maybe on the dining or living room table.
- Pill reminder boxes can help you keep medication in the one place - your pharmacist can advise you on this or other options.

