Coping with memory loss

Memory problems can make everyday tasks and activities difficult. Examples of this might be:

- forgetting people's names
- struggling to remember day-to-day events or experiences
- losing items (such as keys or glasses)
- getting lost in a familiar place or on a familiar journey
- finding it hard to start or follow conversations
- forgetting appointments or important dates (such as birthdays)
- struggling to recall prayers or the steps of religious rituals.

Tips for coping with memory problems

Everyone feels differently about memory problems. You might get frustrated or worried, or lose confidence. These tips might make things easier:

- Put a regular routine in place – do things at the same time each day or week.
- Keep things straightforward – simple routines or daily tasks are easier.
- Focus on one thing at a time – try to break each task down into small steps.
- Take things at a slower pace if needed.
- Put out things before starting – for example, tools for gardening or ingredients for cooking.
- Reduce distractions, such as background noise.
- Talk to friends, family or other people with memory problems. They might have some helpful ideas.
- Work on any memory problems that happen more often.
- Focus on the things you can remember and can do. There will still be many things you are able to do, that you learned in the past – for example, listen to prayers instead of reading them.
- If you've enjoyed doing something or going somewhere, talk about it afterwards. This may help you to remember it and feel positive about what you've done that day.
- Record things that are important to you. Keep a diary, or take photos and videos.

Booklet 1540 **The memory handbook** has more information and practical tips. To read it, go to **alzheimers.org.uk/memoryhandbook**

We are here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.

Join our online community of people affected by dementia – go to **forum.alzheimers.org.uk**

To find support in your area, go to **alzheimers.org.uk/dementiadirectory**

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Code HS7 | **Last reviewed August 2023** | **Next review August 2025** | ©Alzheimer's Society, 2026. Registered charity No. 296645