

How can a person with dementia cope with memory loss?

Having dementia doesn't mean you need to stop doing the things you enjoy. Memory problems can make things more difficult.

These problems 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 with the steps in a recipe.

Tips for coping with memory loss

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 – 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.
- If you've enjoyed doing something at home or been out for the day, talk about it afterwards. This helps you to remember it and feel positive about what you've done that day.



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



Alzheimer's Society is 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 Talking Point, our online community of people affected by dementia – go to alzheimers.org.uk/talkingpoint
To find support in your area, go to alzheimers.org.uk/dementiadirrectory

