

# 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 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 – 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](https://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](https://forum.alzheimers.org.uk)  
To find support in your area, go to [alzheimers.org.uk/dementiadirctory](https://alzheimers.org.uk/dementiadirctory)



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