

Life After Stroke

Improve Memory & Thinking

- **Develop a routine and stick with it**
- **Create a place for everything**
 - Store everything in its rightful place to minimize confusion about its whereabouts.
- **Use a to-do list**
- **Use a planner or notebook to keep track of important plans, questions and dates**
 - Journals or organizers can help keep track of questions to ask or tasks that need to be performed, as well as appointments to be kept
 - Hang a bulletin board or dry-erase board in a highly-visible place on which you can post messages. Advance planning helps reduce the risk of forgetting.
- **Focus on one thing at a time**
 - Make notes, and use highlighters to highlight important information.
- **Use a wristwatch or timer w/programmable alarms**
 - Wristwatches or timers that you can program for specific times will help to cue when it is time to take medicines or to perform important tasks.
- **Doing the same tasks at the same time each day helps reduce forgetfulness.**
- **Avoid stores and restaurants during peak times – the noise, light and crowds can be overwhelming.**
 - When attending crowded places, sit near an exit so you can leave quickly if you begin feeling overwhelmed.