

Department of
Geriatric Medicine

Mild Cognitive Impairment (MCI): Memory Aids



MILD COGNITIVE IMPAIRMENT (MCI): MEMORY AIDS

Explore different kinds of memory aids to see which ones you are comfortable with and work best for you. Get support from family and friends and focus on learning to use one aid at a time to avoid feeling overwhelmed.

Locator Devices

- Attach a small electronic tag (e.g. key finder, air tag) to frequently misplaced items

Shopping List

- Consider carrying a notebook or using phone reminders to keep track of your shopping list
- Check the shopping list periodically while you shop

Detachable Chain

- Attach a chain to your items (e.g. handphone, wallet, face mask) to avoid misplacing these items

Mobile Phone / Tablet

- Utilise the Reminder, Notes and Calendar apps
- Link your devices (e.g. mobile phone to laptop). Use the "Find My Device" (Android) or "Find My (Apple Device)" (iOS) app to trigger an alarm to locate your device
- Use way-finding apps to plan your route
- Use the camera function to capture photos or videos (e.g. to help you locate your car in a large carpark)

White Board / Notice Board

- Place it in an obvious location in the house
- Write down things you need to do, or have done
- Refer to it periodically

Medication Pill Box

- Use a pill box to organise medications
- Consider using an automatic pill dispenser with a built-in alarm

Alarm Clock / Kitchen Timer

- Consider setting alarms on your alarm clock or mobile phone
- Set reminders for upcoming events and important dates

Auto Shut-off Feature Appliances

- Select appliances with an auto shut-off feature to prevent electrical hazards (e.g. electric kettle, induction stove, iron, digital timer plug socket)

Smart Home Devices

- Consider smart devices in your home that allow you to control your appliances via a smartphone
- Consider voice-activated devices that can answer questions, or set notifications to remind you on tasks
- Consider CCTV with built-in speakers to interact with your family without the need to make any phone calls

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