

Department of
Geriatric Medicine

Mild Cognitive Impairment (MCI): Memory Strategies



MILD COGNITIVE IMPAIRMENT (MCI): MEMORY STRATEGIES

What are Memory Strategies?

- Memory strategies refer to methods that are intended to aid memory.
- These strategies can range from usage of external aids (e.g. planner, phone reminders) to internal memory techniques (e.g. mnemonic, pattern-making), making it simpler to store and retrieve information.



What are Memory Strategies?



- To slow down memory loss and allow for better recollection
- Memory strategies enable your brain to make new connections, which become more intuitive once these techniques are grasped.
- Instead of attempting to memorize information directly, try to break things down into smaller chunks or create word associations.
- With these strategies, you may find it easier to remember important information.



General Day-to-Day Memory Strategies



Mnemonics

To connect hard-to-remember items with simple, memorable terms, making it easier to recall important information.

For example:

- If you have a shopping list with five common baking ingredients: butter, milk, eggs, sugar and flour.
- Consider the first letters of each word, in this case B, M, E, S and F.
- You can create a mnemonic using an acronym BMESF that is easy to remember such as 'Be My Ever-Sweet Friend'.

Names & Faces Technique

- A popular method of remembering names is to identify a memorable feature on someone's face and associate that feature with a relatable name.
- Try to remember someone's name by paying close attention especially to the name if it sounds unusual or has unique features. You can also relate names to words or items that sound alike.

For example:

- You meet someone with the name Rosemary. Try to create a picture of a Rose and relate it to a feature on her face that stands out to you (e.g. high cheeks).
- When you meet her again, you will notice the feature (high cheeks) and recall the image that you created and thus, her name.

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