

Using memory aids

How difficult do you think you will find this exercise? Easy OK Quite difficult Very difficult

Instruction

We all use memory aids to some extent, but if you have had a brain injury it is more important to use them. What memory aids do you use?

		Always	Sometimes	Never
1	Do you carry a diary or notebook, and a pen or pencil with you?			
2	Do you keep a diary for appointments or fill in a diary describing events of the day?			
3	Do you use sticky labels to write lists and reminders?			
4	Do you plan your day by writing a list?			
5	Do you have a calendar on the wall at home where you can write in appointments and special events?			
6	Do you have a filing system at home for household bills?			
7	Do you have a special key hook at home, or a special place where you put your keys?			
8	Do you have an answering machine, or call minder system on your telephone at home?			
9	Do you make a shopping list before you go shopping?			
10	Do you have an address book, or filofax with an address section?			

What other memory aids do you use?

What is the most useful memory aid that you use?

How did you find this exercise? Easy OK Hard What strategies did you use?