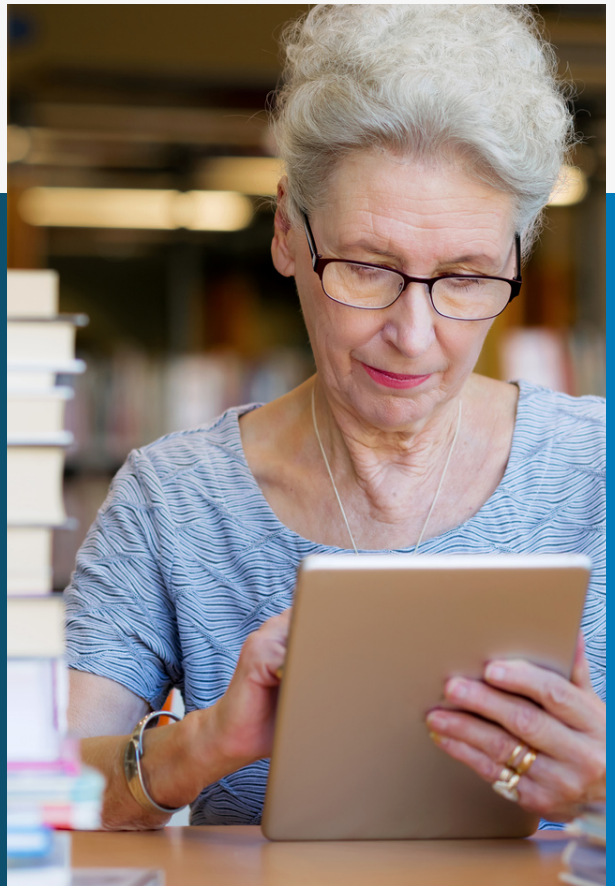


Learning and Memory Strategies



Internal | Self-Cueing

- Combine modalities: "See it. Say it. Hear it. Write it. Do it."
- Repeat and verify to ensure it is accurately heard
- Use spaced rehearsal: ex. repeat after 5 min, 30 min, 1 hrs, 4 hrs, next day
- Build associations or stories around the new information
- Create a visual image: see it in your mind's eye
- Use "WH?" format to organize and recall long, new information hear, read, or even for speaking and writing: "Who, what, when, where, why and how?"

External | Compensatory Techniques

- Organize and de-clutter
- Set up stations: standard places and procedures for doing daily tasks
- Use a planner
- Hang a central calendar or whiteboard for the whole family to use
- Post a grocery list for all and add to it. Explore apps.
- Follow checklists; strategically placed (by door, kitchen, etc)
- Use a pill organizer; set an alarm
- Use smart devices
- Use calendar, notes, tasks, contacts, camera, voice recorder