

# What can I do if I have difficulty with...**Memory**



Multiple Sclerosis Society  
of SA & NT

## Strategies for people with MS

- **Set a regular routine** (such as writing things down after breakfast every morning, leaving a planner on the fridge door).
- **Organize your environment.**
- Set places for things such as keys which are used frequently and easily misplaced.
- Remind family members to put things back in the same place.
- Put bills and accounts in one place and file those in folders.
- **Use lists** such as a “shopping” list, “Things to do” list, a list of where things are located.
- **Use a diary** (other family members can add their appointments and events into your diary, so that you will know who is due where and when).
- Use coloured pens to distinguish each family member or appointment.
- Use stickers or highlighters to emphasize the important things
- **Create a message board or use a calendar and Leave sticky notes and pen** in places around the house.
- **Use a mobile phone** to remind you of appointments.
- **Take notes** during conversations, meetings and lectures.
- **Use a tape recorder** to store reminders and information rather than write them down.
- **Visualize an image** (such as a number, task, word and place) of what you want to remember in your head.
- Consider **stress management** and **relaxation training**. It is easier to remember when you are relaxed.
- Use **word games** to improve your memory.
- **Use of alphabetic searching** strategy. Start at the beginning of the alphabet and mentally go through it letter by letter while trying to think of the word.
- **Place a box** at the front door or room for things you have to take with you in the morning or next time you go out.
- **Buy electrical items which automatically turn off** when not used for a period of time. <sup>2</sup>

**Not all strategies on this sheet may work best for you, so ask your GP or staff at The MS Society if you have any questions.**

## References

1. Rehabilitation in Multiple Sclerosis 2002, MS Essentials for People Living with MS- Memory and Thinking, Multiple Sclerosis Society, London
2. Leech 2005, Understanding & Managing Cognitive, Emotional & Behavior changes in Multiple Sclerosis- For people with Ms, their families, Carers, Friends and Health Providers”, Multiple Sclerosis Society of Queensland, Australia

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