

# Practical Tips to help my memory booklet

The practical tips booklet was designed by Occupational Therapists to illustrate strategies that may be useful in managing changes often associated with changes in cognition.

It highlights a range of compensatory techniques that can be used to maintain independence, optimise function generally and to reduce some of the frustrations that can be at the heart of memory problems.



The Practical Tips booklet has been found to be useful with a wide range of individuals; from all stages of cognitive impairment to individuals with dyslexia to assist with organisation of their daily routine. It has been well received and used in several health boards across Scotland as well as in England. It has generated a wide range of positive feedback including; **"fantastic"**, **"helpful"**, **"well-received"**, **"excellent"**.

