

Memory and Decision Making Check-lists/Reminders

How to use checklists:

Put these lists on small card or on a noticeboard at home and try and refer to them when you are confused or cannot remember something. They are designed to trigger a memory, remind you of an event, or help you initiate an activity e.g. go shopping or turn on the heating etc.

What did I come here for? – if you walk into a room and you forget why you are there, check your reminder card. If you are away from home and get disorientated, work through the questions on your reminder card. If you have difficulties reading, these checklists can be recorded and played back on a mobile phone.

See the checklists below:

What did I come here for?

I am at home

How do I feel? – check “How do I feel” list
– check timetable
- check fatigue chart

Problem resolved? – **yes**, do task

No - Go back to where you were, take a break or change activity

I am away from home

Check diary, plan or list

Do I have to meet someone?

- family
- work
- therapist or medical professional
- friend

Do I need something for myself or for the house?

- food, clothes, tools, petrol, (check plan or list)
- pay a bill – gas/electric/car/telephone?

Problem resolved? – **yes**, continue

No - where am I right now?

- what direction am I heading?
- decide whether to go home or keep going

How do I feel? – If you feel uncomfortable, are confused or disorientated, work through this checklist

How do I feel?

Cold – check heating
- put more clothes on
- close a window

Hot – check heating
- adjust clothing
- open a window

Hungry/thirsty – eat/drink
- check your food supply
- add to shopping list or go shopping

Confused – check timetable
- check fatigue chart
- take a break

Angry/unhappy/stressed – write down feelings
- talk with Counsellor/Medical professional

In pain – take break
- take a painkiller

Tired – take a break, have a rest

Dirty – take a shower

Leaving home checklist – this is a checklist to make sure you remember everything you need when leaving home.

Leaving home checklist

Check the day and date

Check your timetable and diary/phone

Make a list of tasks in order

(e.g. for shopping or if you have several tasks)

Make a plan

You need:

wallet

phone

glasses/sunglasses

your plan

pen

map

lists

appropriate clothes and shoes for where you are going

enough petrol