Prompts and Reminders

“It’s just so busy, having to remember everything!”

People with memory problems may experience difficulty recalling the correct day, what’s on today, remembering their keys or how to use the microwave. Maintaining regular routines and habits can help with these difficulties, e.g. I always leave my key on the hook by the door, that way I can’t lose them and I’m prompted to bring them with me when I leave the house.

A simple device or aid can help maintain normal routines or habits for people with memory difficulties. For example; using an alarm clock that alarms on the days the home help visits or leaving your keys habitually in a certain place.

Things to think of!

- Location of the aid is very important, where is the item purposeful? Where will the user see the item and pay heed it? Beside the door? On the countertop?
- Does the item need a power source? Will the switch remain on? Is it battery operated? Who will replace these batteries?
- Can the user recognise the symbols on the aid, i.e. the picture or the text used? Can the person hear the aid’s prompt or alarm?

Equipment suggestions

*Equipment* can be low tech or high tech; it can be as simple as a post-it note or as complex as a memo minder. Not all equipment works for everyone, it’s important to consult your health care professional to find the best match.

- Post-it Notes
- Alarm Clocks
- Timer switches
- Bumpon Stickers
- Talking Tile
- Memory X
- Wander Reminder
- Talking Photo Album
- Talking Card

For more information on The Memory Technology Library
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