

Memory and Concentration

Just the Facts

Changes in memory and concentration are common throughout treatment. These changes are almost always medically related. In most cases they will be temporary and will decrease as you continue to get better.

Memory and concentration problems may be situational and vary day by day due to stress/pain/medications and fatigue. Since you may have good and bad days, you may want to use routine strategies to assist you when you are having a bad day.

Your Goals:

- ✓ Learn how to cope with temporary changes in memory and concentration.
- ✓ Get professional help when needed.

Urgent Signs and Symptoms:

Call the Clinic or the After Hours Clinic NOW if:

- Disoriented.
- Confused.

Important Signs and Symptoms:

Report symptoms to doctor or nurse during clinic hours today.

- Forgetting things more quickly and more often than usual.
- Harder to read more than a paragraph or a page at a time.
- Hard to keep your mind from wandering.

What You Can Do At Home:

Learn how to cope with temporary changes in memory and concentration.

- ➔ Write down important information. Keep these notes on a notepad that is small enough to keep with you at all times.

- ➡ Ask people to repeat things.
- ➡ Keep a list of questions for your doctor. Write the answers down.
- ➡ Tape record important conversations or conferences.
- ➡ Get important information in writing. Ask people to write it down for you.
- ➡ Place notes around the house to remind you of things.
- ➡ Keep an appointment calendar.
- ➡ Use a device to remind you to take your medications such as a watch that can be programmed to go off at times when medications need to be taken.
- ➡ Keep things in a designated place, for example: always keep your keys in the same place.
- ➡ Be understanding with yourself and know that these temporary changes are to be expected.

Get professional help when needed.

- ➡ If problems persist or affect day-to-day living to a large degree, discuss the symptoms with your nurse or doctor.