



Safety, Health, Injury Prevention

TIPS to Cope with Memory Changes

1. Allow sufficient time to learn something new
2. Read, talk and think out loud.
3. Repeat new information to increase storage of memory
4. Use mnemonic techniques (a picture with verbal associations)
5. Use memory cues to write things down on lists, notes, calendars

TIPS to Prevent Delays in Speed of Processing and Reaction Time

1. Get fit or stay fit! Research says average reaction times are faster among active older adults than the non active older adults.
2. Get moving! Exercise increases blood flow to the brain and oxygen to the blood. It keeps the muscles and joints flexible. It improves memory and performance.

