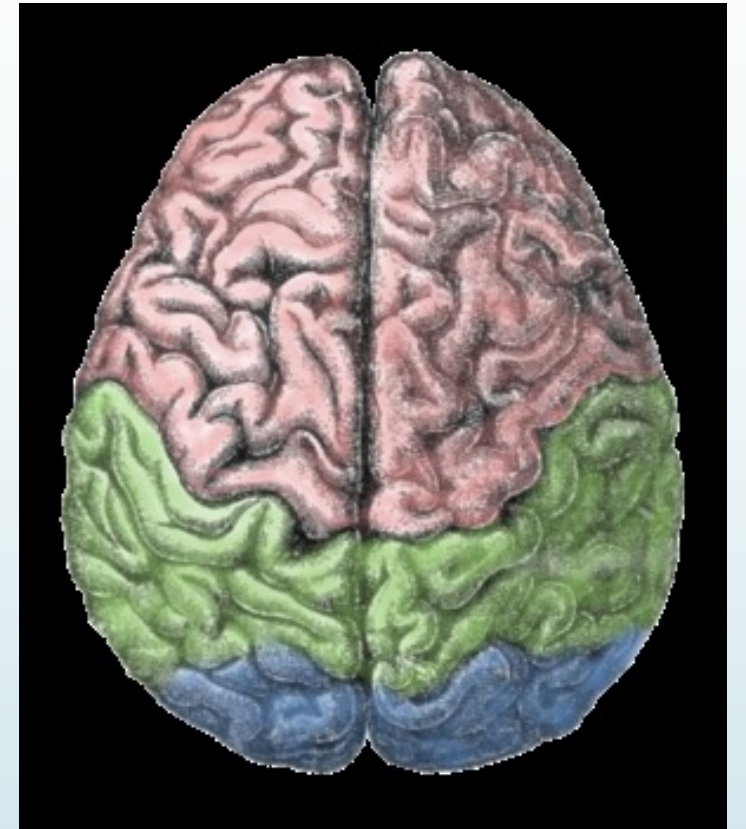
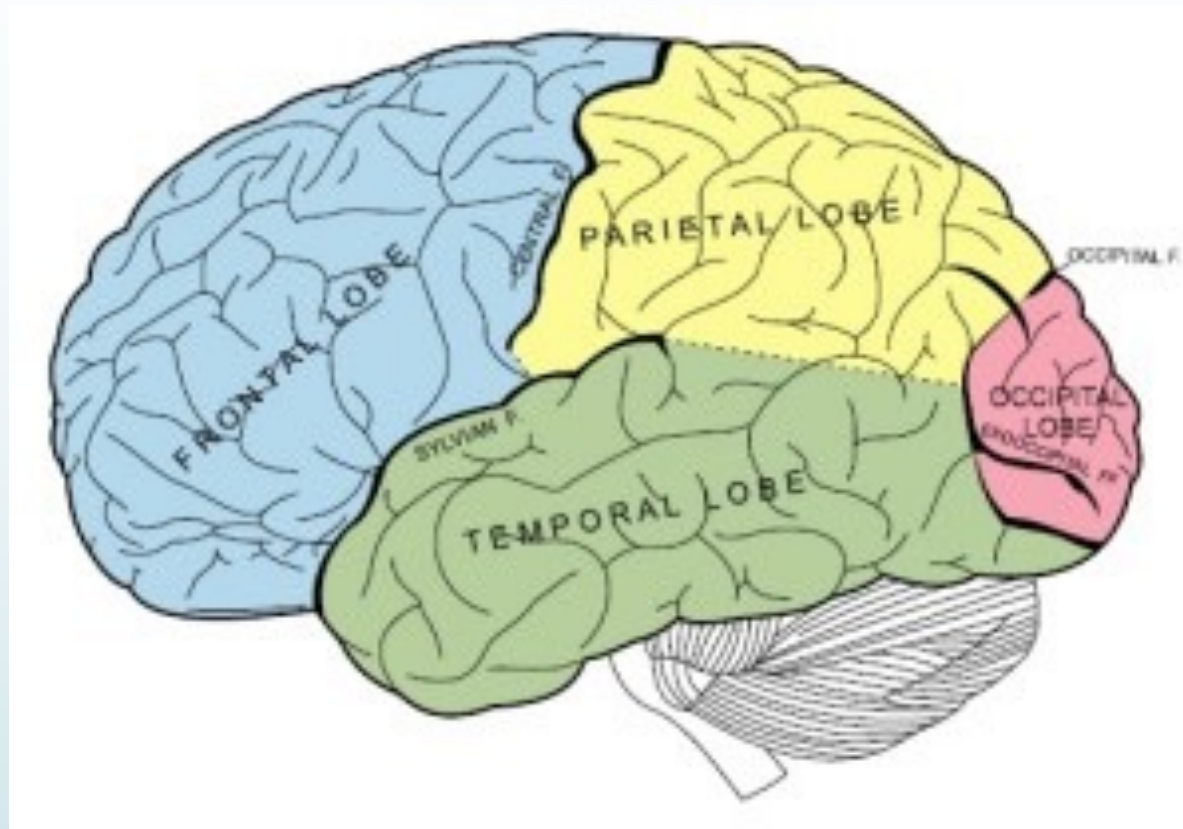


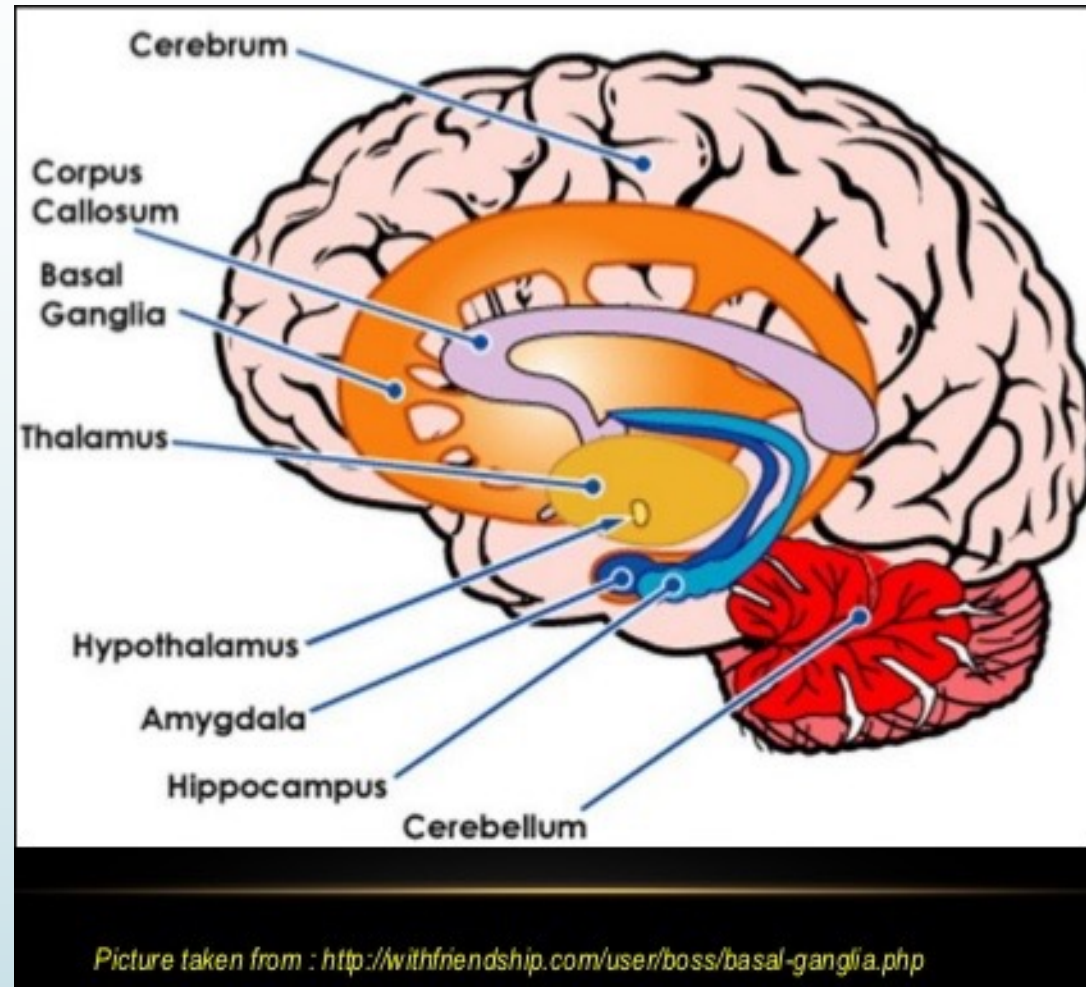
Combating Absentmindedness: Tips from a New Mom

Arlena Henry, M.A., CCC-SLP

Brief Overview of Memory



Brief Overview of Memory



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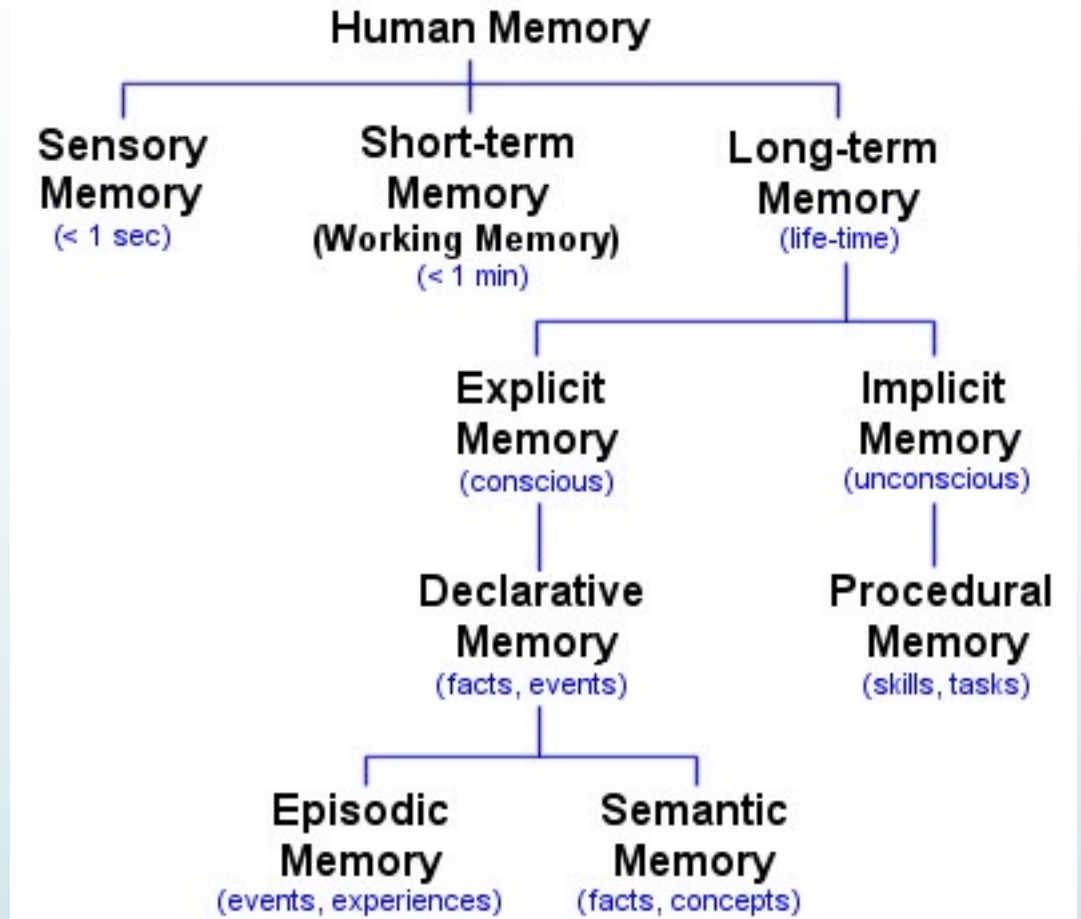
Do Supplements Improve Memory?

- ▶ Advertisements versus Research
- ▶ Examples of Common Memory Supplements:
 - ▶ Ginkgo Biloba
 - ▶ Fish Oils
 - ▶ Vitamin B12
 - ▶ Many Others...

3 Types of Memory

- ▶ Short Term
- ▶ Working
- ▶ Long Term

VS.



Short Term Memory

- ▶ Approximately 30 seconds to 1 minute



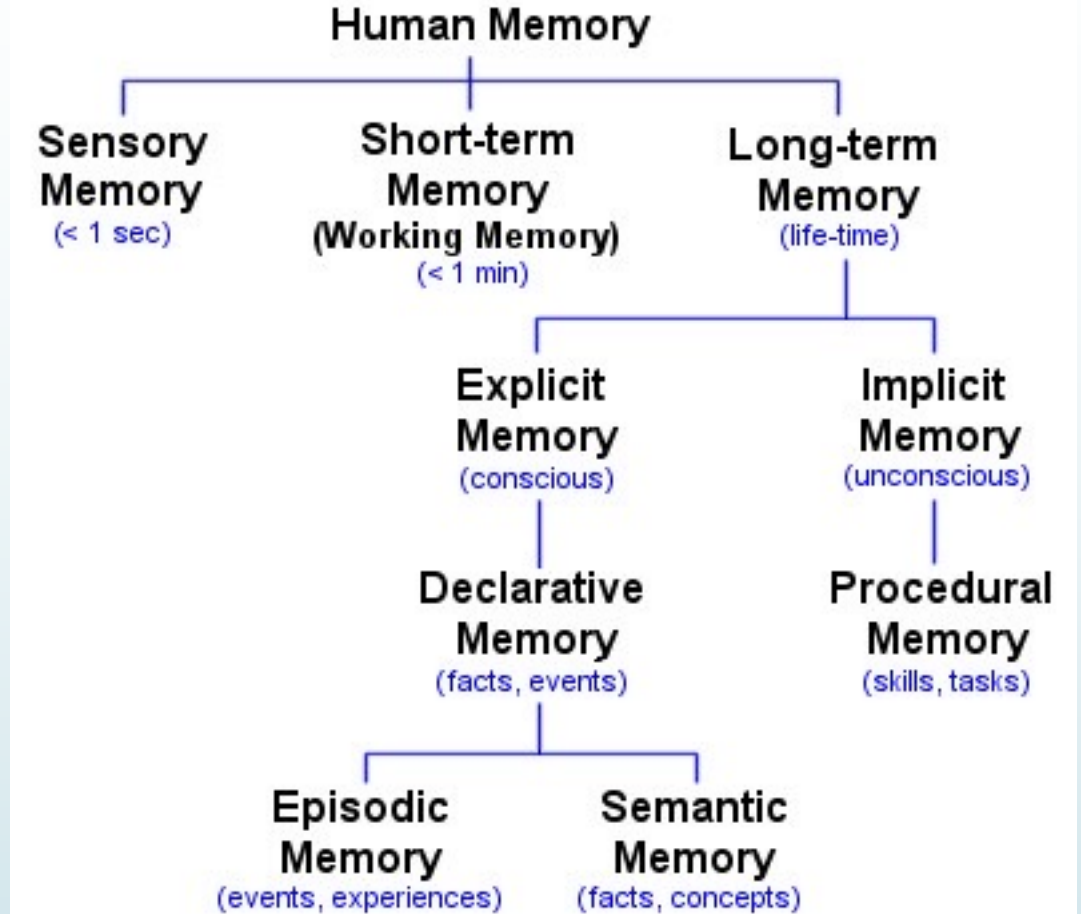
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Working Memory

- ▶ Over a minute until approximately when the day ends
- ▶ ~One day long
- ▶ “Wiped clean overnight”
- ▶ Involves the manipulation of information

Long Term Memory

- Two or More Days to Years

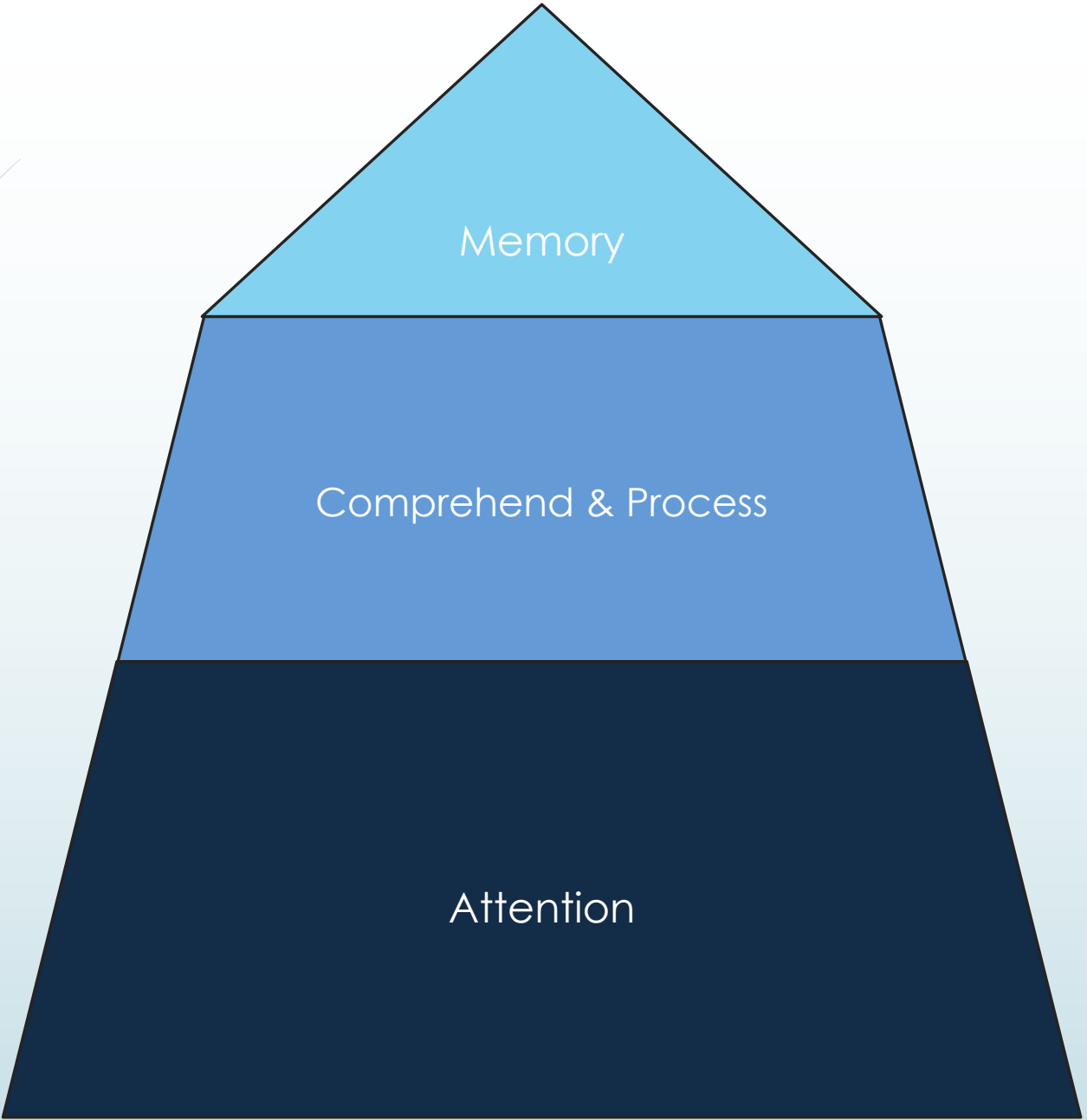




What Can Impact *My* Memory?



- ▶ Attention





What Can Impact My Memory?

- ▶ Attention
 - ▶ Eliminate distractions, interferences, etc.
- ▶ Stress
- ▶ Fatigue
- ▶ Inactivity
- ▶ Disorganization

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How Can I Improve My Memory?

- ▶ Compensatory Strategies
 - ▶ External
 - ▶ Internal

External Compensatory Strategies

- Calendars/Planners
- Writing Notes
 - Sticky Note
 - Dry Erase Board
 - Notepad
- Alarms/ Timers
- Organizational Tools...Give items a home!
 - Drawers
 - Folders
 - Boxes/Trays
 - Hooks
- Environmental Aids



Internal Compensatory Strategies

- Associations
- Grouping
- Visualizing
- Verbalizing
- Observing
- Repetition



Which One Do I Choose???

- ▶ External are the “safest”
- ▶ What works best for you and your routine



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Learning Styles

- ▶ Auditory
- ▶ Visual
- ▶ Kinesthetic

- ▶ The more we use, the more likely we are to remember!



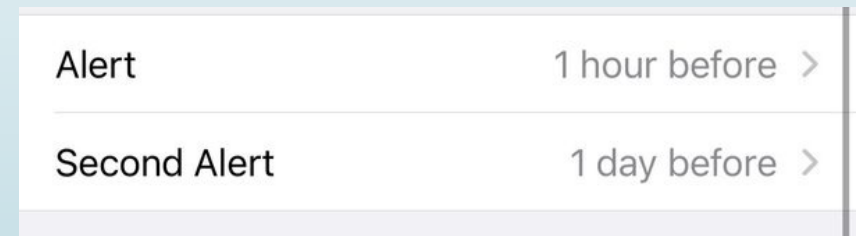
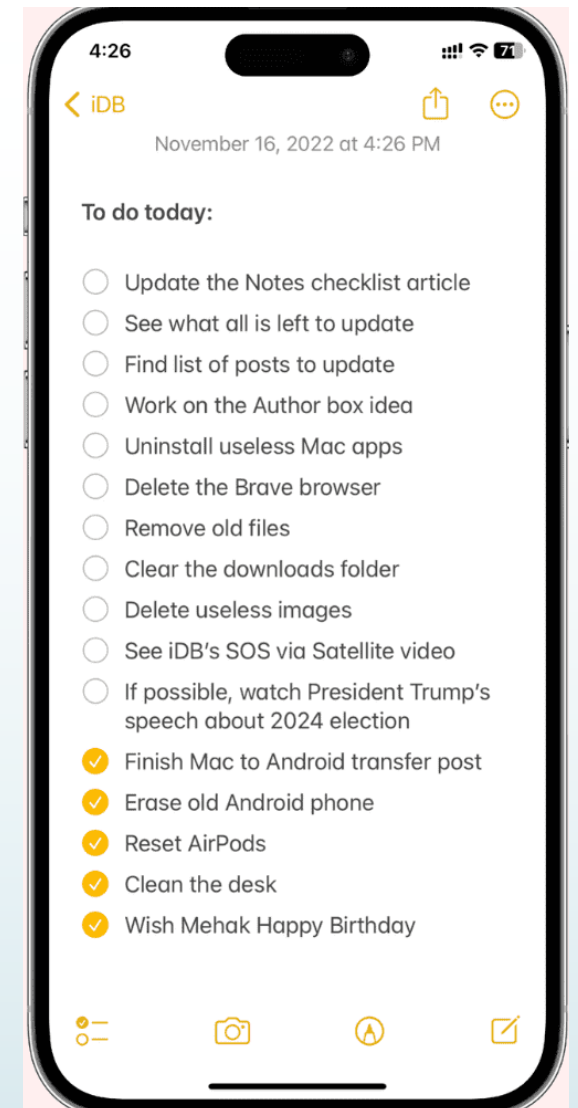
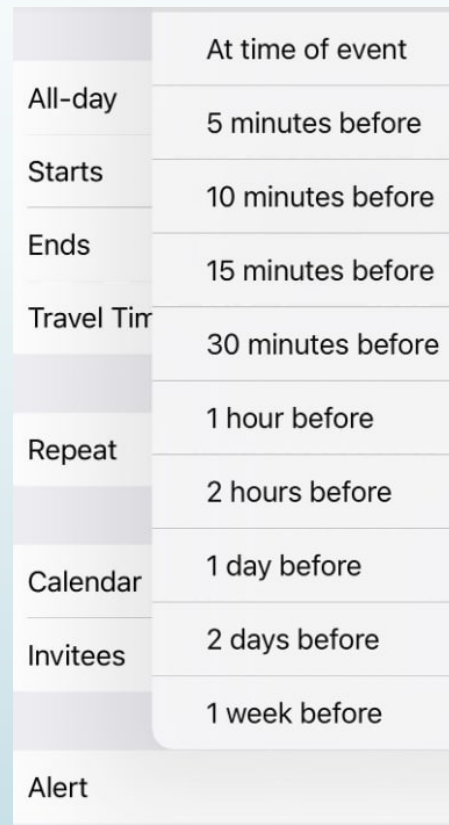
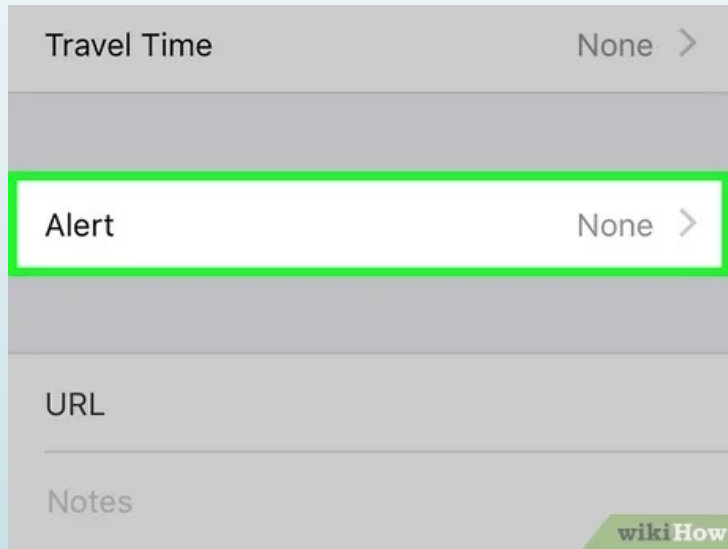
“In the Moment”





Practical Ways to Combat Absentmindedness

- ▶ Cell Phone
 - ▶ Notes App
 - ▶ Calendar
 - ▶ Alarm



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Practical Ways to Combat Absentmindedness

- ▶ Cell Phone
 - ▶ Notes App
 - ▶ Calendar
 - ▶ Alarm
- ▶ Smart House Technology
- ▶ Phone a Friend
- ▶ Write It Down
- ▶ Use Your Noggin!

Don't Leave the Tools in the Toolbox...





References

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Any Questions???

