

Memory Changes as We Age

As we age it sometimes takes us a bit longer to learn something new and our ability to pay attention to one thing for a period of time may decrease. This happens to a lot of us as we age.

As we get older our minds remember things that we did years ago while we cannot remember something that we just did a short time ago.

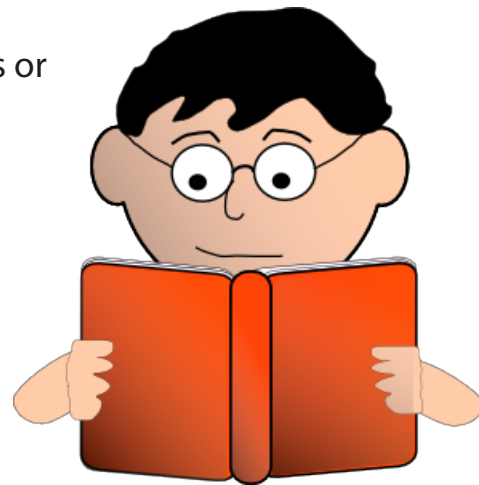
We may need shopping lists or we may have difficulty remembering where we put something or parked our vehicle—this can just be part of getting older.

There are ways to help ourselves:

Exercise your mind by making up rhymes or reading aloud.

Read the same passage a few times as repetition is helpful.

Look at photo albums.



Do puzzles



Keep lists



Keep physically active



Use a calendar

