

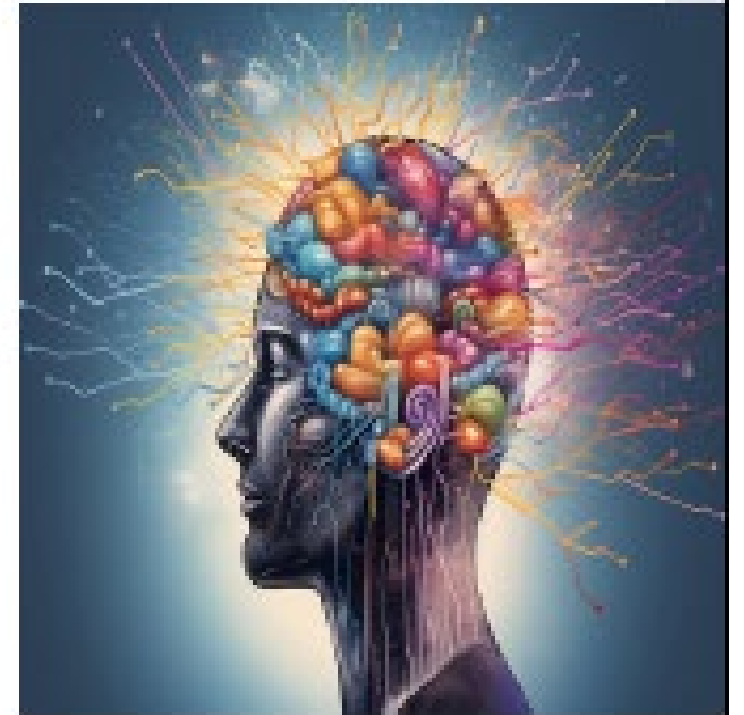
MEMORY EXERCISES AND COMPENSATORY TECHNIQUES

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WHY IS MEMORY IMPORTANT

- **Memories** allow us to learn and retain information
- **They shape** our identity and connect us to our past
- **Strong memory** is crucial for daily tasks
- **Improved memory** can boost confidence and overall well-being.



UNDERSTANDING MEMORY

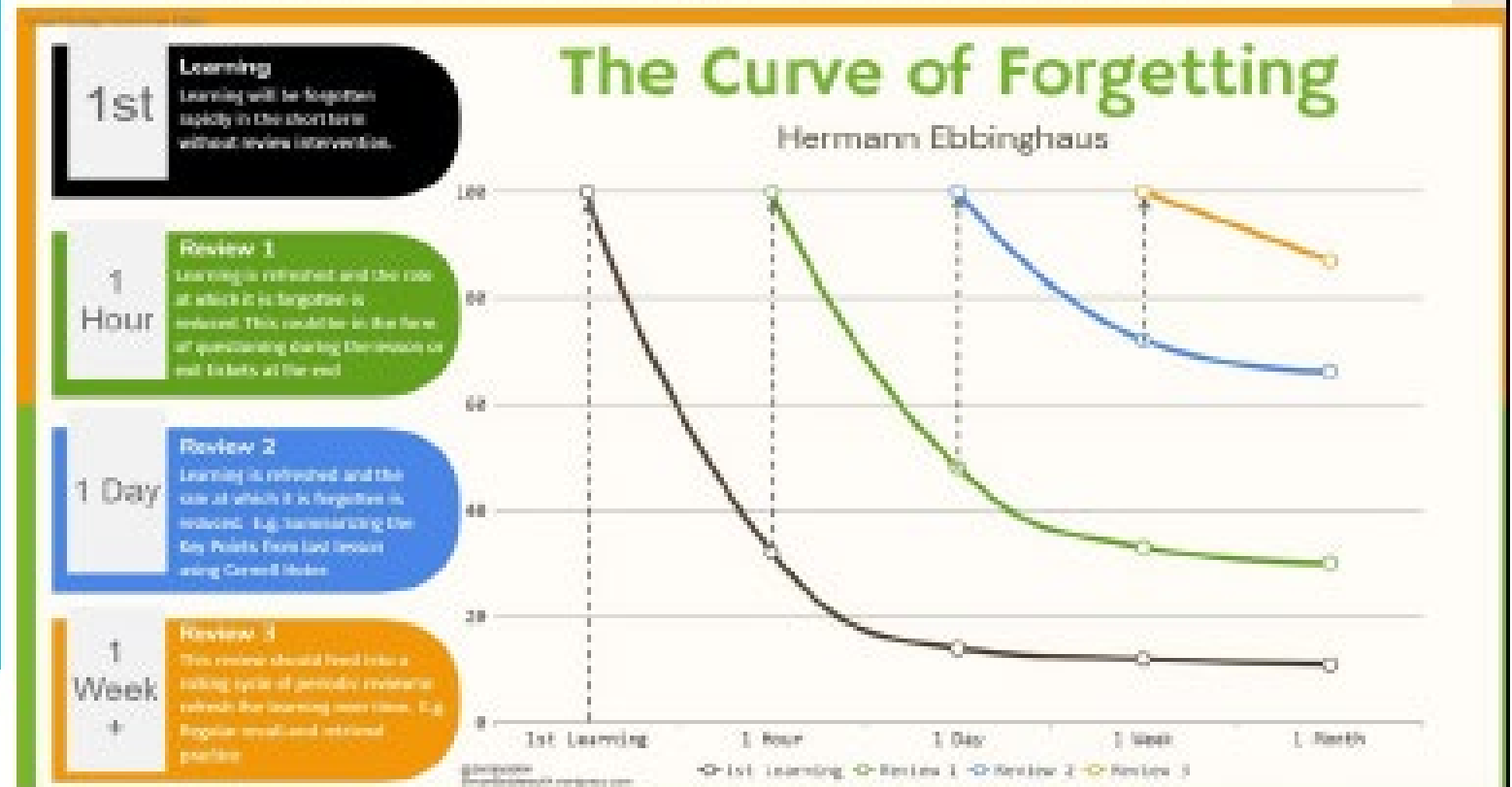
- **Sensory register:** Holds information for milliseconds.
- **Short-term memory (STM):** Holds information for seconds to minutes.
- **Long-term memory (LTM):** Stores information for extended periods.

UNDERSTANDING MEMORY

- **Iconic Memory:** Deals with visual information.
- Lasts for about 200-400 milliseconds.
- Example: Quickly glancing at an object and then closing your eyes, the brief afterimage you see is stored in iconic memory.
- **Echoic Memory:** Handles auditory information.
- Lasts for about 3-4 seconds.
- Example: Hearing someone's name called in a noisy room, even if you weren't paying attention, you can still recall it for a few seconds.
- **Haptic Memory:** Processes tactile information.
- Lasts for about 2 seconds.
- Example: The sensation you feel after touching a hot object

MEMORY CHALLENGES: THE FORGETTING CURVE

- Forgetting is a natural process.
- The forgetting curve shows memory decay over time.
- Repetition and effective strategies help combat forgetting.



AGE RELATED DECLINE

- Age is a natural risk factor for memory decline.
- Memory loss can be mild or worsen with age-related dementia.
- Healthy lifestyle habits can help slow age-related memory decline.



MEDICAL CONDITIONS

- Certain medical conditions can impact memory.
- Examples include thyroid problems, vitamin deficiencies, and sleep disorders.
- Treating underlying conditions can often improve memory function.

MEDICATIONS

- Certain medications can have side effects that affect memory.
- Common culprits include antidepressants, anxiety medications and pain relievers.
- Talk to your doctor about potential memory-related side effects of medications.



HEAD INJURIES

- Head injuries, including concussions, can impair memory.
- Severity of memory loss depends on the nature and location of the injury.
- Early diagnosis and treatment are crucial for recovery.

EMOTIONAL STRESS

- Chronic stress can negatively impact memory function.
- Stress hormones can interfere with memory consolidation.
- Stress management techniques can help improve memory.

ENVIRONMENTAL FACTORS

- **Exposure to Toxins:** Environmental toxins like heavy metals can damage the brain.
- **Chronic Infections:** Infections such as HIV and syphilis can lead to cognitive impairment.
- **Lack of Mental Stimulation:** Low levels of cognitive engagement can contribute to memory decline.

DIAGNOSIS OF MEMORY LOSS



- **Cognitive Testing:** Standardized tests to assess memory, attention, and other cognitive functions.
- **Neurological Exams;** Assessing reflexes, sensory and motor skills to detect neurological causes.
- **Imaging Techniques (MRI, CT scans):** Visualizing brain structures to identify abnormalities.
- **Blood Tests:** Checking for metabolic and nutritional deficiencies.

MEMORY EXERCISES

What are Memory Exercises?

Techniques and activities designed to improve memory and cognitive abilities.

- **Importance of Cognitive Training:** Regular mental exercises can enhance and preserve cognitive function.

BRAIN GAMES

- **Puzzles (Crosswords, Sudoku):** Stimulate problem-solving and memory.
- **Memory Matching Games:** Enhance short-term memory and attention.
- **Brain Training Apps:** Digital tools designed to improve various cognitive skills.

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		2	3					1
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5			7	1			6	3

LEARN NEW SKILLS

- **Learning a New Language:** Increases brain connectivity and memory retention.
- **Playing a Musical Instrument:** Enhances memory, coordination, and cognitive function.
- **Engaging in Hobbies:** Activities like painting or gardening keep the brain active and engaged.

PHYSICAL ACTIVITY

- **Aerobic Exercises:** Improves blood flow to the brain and supports memory function.
- **Yoga and Meditation:** Reduces stress and enhances cognitive clarity.
- **Impact of Physical Health on Memory:** Overall physical health directly influences cognitive health.



PHYSICAL ACTIVITY

- Exercise promotes neurogenesis, the process of forming new neurons, particularly in the hippocampus, a region critical for memory and learning.
- Physical activity increases brain plasticity, which is the brain's ability to adapt and reorganize itself by forming new neural connections.
- Increased neurogenesis and plasticity enhance cognitive functions such as memory, learning, and problem-solving.

SOCIAL ENGAGEMENT

- Emphasize the importance of social interaction in keeping the brain active and reducing memory decline risk.
- Joining clubs and groups can provide mental stimulation.
- Cognitive benefits IN volunteering and engaging in community service.

BRAIN TRAINING APPS

- **Brain Training:** Apps like Lumosity, Elevate, and Peak offer a variety of games and exercises designed to improve memory, attention, and problem-solving skills.
- **Computer-Based Programs:** Programs such as CogniFit and BrainHQ provide structured cognitive training exercises to enhance memory and cognitive function.

MEMORY APPS



Lumosity



Memory Games: Brain Tr...



CogniFit - Brain Training



Fit Brain trainer: Memo tr...



Eidetic



Happify



ReliefLink



Peak - Brain Training



Impulse - Brain Training



Brain App Daily Brain Trai...



NeuroNation



Elevate - Brain Training



BrainHQ



GEIST (Memorado)



Memory Match - Brain Tr...



Brain Test: Tricky Puzzles



Betlife Tricky Mind Puzzle



Train your Brain. Memory ...



COMPENSATORY TECHNIQUES- Memory aids

- Calendars and planners to keep track of appointments and tasks.
- Setting reminders and alarms for important activities
- Labeling items and places can reduce confusion and aid in locating items quickly.

COMPENSATORY TECHNIQUES- Organization

- **Creating Routines:** Establishing consistent daily habits to reduce forgetfulness.
- **Simplifying Tasks:** Breaking down complex tasks into manageable steps.
- **Organizing Living Spaces:** Keeping things in designated places to avoid misplacing items.

COMPENSATORY TECHNIQUES- Assistive Technology

- Use of apps for reminders and note-taking.
- **Voice Assistants:** Devices like Alexa or Google Assistant for reminders and information.
- **Specialized Apps for Memory Support:** Apps designed specifically for managing memory loss.

COMPENSATORY TECHNIQUES- Assistive Technology



Todoist



Google Keep



Any.do



Remember the Milk



Pi Reminder



TickTick



Microsoft To Do



Evernote



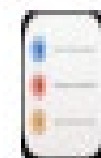
Google Calendar



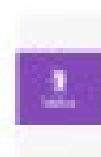
LastPass



Things 3



Reminders



Habitica



Pocket



Remember app



COMPENSATORY TECHNIQUES – Environmental modifications

- **Safe and Supportive Living Environment:** Making home modifications to ensure safety and support independence.
- **Minimizing Distractions:** Creating a quiet and organized space to improve focus.
- **Using Contrasting Colors and Signs:** Helps in distinguishing areas and objects easily.

PRACTICAL TIPS

- **Healthy Lifestyle Choices:** Balanced diet, regular exercise, and adequate sleep.
- **Mental and Physical Health Maintenance:** Regular health check-ups and mental health care.
- **Seeking Professional Help:** Consulting healthcare providers for diagnosis and management.

IMPORTANT CONSIDERATIONS - THERAPY

- See a neurologist for appropriate medical diagnosis and possible medical intervention
- Consult with a Speech/Language Pathologist. They are specialists in cognitive/communication deficits and may design a therapeutic program for you.

Have your senses checked!

- Have an eye examination. Obtain glasses when available
- Evaluate your hearing and get hearing aids if needed



DIVERSIFIED

Hearing • Rehabilitation • Balance

AUDIOLOGY, PHYSICAL THERAPY, OCCUPATIONAL THERAPY, SPEECH THERAPY

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