



# Errr...what was I doing?

Everyday Memory Tips for Adults

**At the British Dyslexia Association we believe that every kind of brain should be valued for its unique way of looking at the world, and we are here to provide support.**

### **Ideas which might help day-to-day life:**

- Write down or record information as you hear it – using listening skills and physically writing can help reinforce information
- Process or do one thing at a time – concentrating on one task helps avoid distractions
- Repeat or say information out loud – listening and repeating information helps reinforce what you are being told (multisensory reinforcement)
- Create prompts or links when given information – make links between people/events/information to create

a story or picture to remind you about actions or events

- Chunk information into manageable amounts – group numbers/events/people into smaller groups to make them easier to remember
- Use mnemonics e.g., To help with spelling COULD remember Could Old Uncles Like Dancing
- Explore technology to help you manage your diary and set reminders about activities. Most devices are now able to perform text to speech and dictation and have other Accessibility functions which can be activated through “Settings”.

### **Further support**

Call our Helpline: 0333 405 4567  
or email: [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)  
[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)