

Ways to Manage Your Cognitive Symptoms

Follow these tips if you are having issues with cognitive symptoms or seeing.

If you are having problems with remembering:

- Make a daily to-do list.
- Use planners and reminder notes.
- Prioritize tasks and do the most important ones first, ideally when you are most rested.
- Keep items in the same place.
- Try memory techniques, such as making up a rhyme, to help you remember things.
- Ensure you are getting enough sleep to feel rested.

If you are having difficulty speaking:

- Talk to your health care provider about seeing a speech therapist.
- Try to control your breathing as you speak.
- Write down and rehearse what you want to say before speaking to better organize your thoughts.

If you are having difficulty understanding:

- Ask others to speak slowly and in short sentences.
- Focus on other forms of communication, such as hand and body gestures, to use as context clues in a conversation.

If you are having problems concentrating:

- Prioritize tasks and do the most important ones first, ideally when you are most rested.
- Use planners and reminder notes.
- Focus on doing one thing at a time.
- Try to stay calm and not stress.
- Ensure you are getting enough sleep to feel rested.
- Avoid drinking caffeine before bed.

If you are having difficulty seeing:

- Use a ruler to read.
- Use large print.
- Increase the font size on your cell phone or other electronic devices.
- Wear your glasses.