

B R A I N F O G

What are the signs?

- Misplacing items
- Having hard time finding words
 - Forgetting appointments
 - Slower thinking process than usual
- Unable to keep up with conversations

Management:

- **Memory Training** - via phone app e.g. MindPal, train self to retain information starting little & increasing amount with time
- **Plan ahead** - Journal, daily planner, write to-do list, via phone app e.g. Habit Tracker
- **Set alarms & reminders** - alarm via phone, add events to calendar
- **Make notes** - write it down before you forget