



# Tips to help with memory problems

Information for patients with Fibromyalgia, their relatives and carers

① For more information, please contact:  
**Physiotherapy Department**

Contact Telephone Number: \_\_\_\_\_

Caring with pride

Memory problems or 'fibro fog' can be a symptom of fibromyalgia. Increasing exercise levels and improved sleep patterns often improve concentration and focus. You may find that at certain times of the day your memory is better than others. Try to book important conversations/activities at the time when your memory is at its best.

Memory aids may help you to cope with memory problems. Different aids or reminders may suit different people depending on their lifestyle. They work best if they are used regularly as part of your daily routine. Ideas include:

- Making a list of things that need to be done. This needs to be put somewhere you will see it for example on the fridge.
- Wipe boards and blackboards can be useful.
- Sticky notes can help you to remember to do things. For example, sticking a note on the front door to remind you to pick up your keys before you go out.
- Using a diary or calendar can be helpful so that appointments and activities can be easily seen.
- Many mobile phones and computers can be used to set alarms, or have a reminder function e.g. Google Keep, Evernote. Dashlane can be used for recording passwords.

- Setting a food timer when preparing food can remind you to go back and check it.
- Don't multitask. Trying to manage too many tasks at one time can often make things worse. It's best to pick one, focus on it, and then move on to the next. Prioritise the tasks and even the steps of each task that needs your attention.
- If you have trouble remembering a word, alphabetical searching may help. In your head go through the alphabet asking yourself if the word you're looking for begins with 'a' 'b' 'c'...etc.
- Writing things down on the back of your hand. Sometimes just the letter of the alphabet can be enough of a trigger.

### **Memory Exercises**

- Make a shopping list and try to remember it.
- Think of a route you take and remember what you pass on the way e.g. shops, landmarks etc.
- Kim's game: look at everyday items on a tray then cover them and try to remember them. Gradually increase the number of items.
- Look at a picture for a few minutes, turn it over and try to remember what was on it immediately and then again 30 minutes later. Gradually increase how much is on the picture.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
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01904 725390.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.







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