

# Memory Changes as We Age

As we age it sometimes takes us a bit longer to learn something new and our ability to pay attention to one thing for a period of time may decrease. This happens to a lot of us as we age.

As we get older our minds remember things that we did years ago while we cannot remember something that we just did a short time ago.

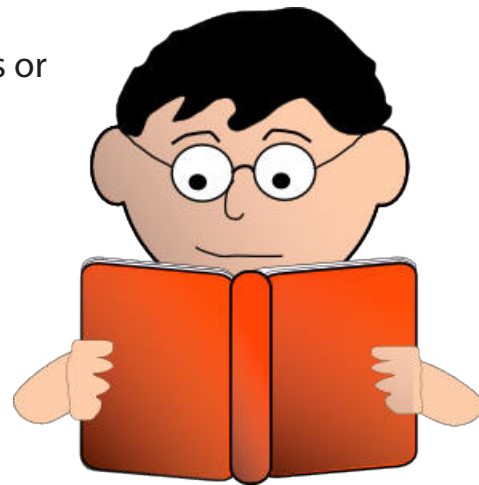
We may need shopping lists or we may have difficulty remembering where we put something or parked our vehicle—this can just be part of getting older.

## There are ways to help ourselves:

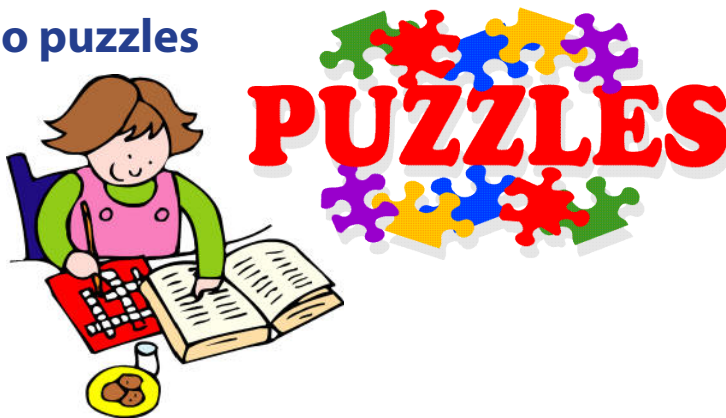
Exercise your mind by making up rhymes or reading aloud.

Read the same passage a few times as repetition is helpful.

Look at photo albums.



### Do puzzles



### Keep lists



### Keep physically active



### Use a calendar

