**Reminder Cue Cards**

External memory aids can reduce anxiety and support people with memory loss. Here are a few that can be customized to meet an individual’s needs. The message on the cards should be meaningful to the person using them and written in their own voice when possible. Determine the correct size by asking the individual who will use it to read the card, making the font larger if necessary. Have the person practice using the card. For example, when they ask if they took their medication, a care partner can say, “Let’s check the card and see”. Over time, the person will check the card on their own without needing to ask someone else.

## **Create your own memory aids, or scroll down for templates to personalize:**

### **A white sign with black text Description automatically generatedMedication Reminder Card**

Keep this card in the place where medications are usually taken or attach it to a walker or wheelchair to help someone track their daily medications or insulin. The person can check the appropriate box as they take their medication each time, reducing anxiety about having forgotten to take a dose. Customize the card for specific medications, if that is useful for the person who will use it.

### A white sign with black text Description automatically generated**Family Visit Card**

Some people may be worried about missing a visit from a loved one and end up missing out on otherwise engaging activities to avoid doing so. A message with the details of the visit can free a person to enjoy an event, knowing there is still time before the visit. Customize the message with the visitor and day/time of visit.

### **A white sign with black text Description automatically generatedLaundry Reminder**

Imagine waking up one day and all your clothes were gone with no explanation? This feeling can lead a person with memory loss to believe someone had stolen their clothes, which is a reasonable explanation if you didn't know that someone had taken them for laundry. A simple note explaining where the clothes are and when they'll be returned can explain where suddenly missing items are and provide assurance that they'll be returned.



TIP: Laminate cards for reuse to reduce waste.

I TOOK MY MEDICATIONS TODAY AT:

* BREAKFAST
* LUNCH
* DINNER

My daughter will

come to see me

at 5:30 pm today

**My clothes are at the laundry.**

**They will be returned on Friday.**