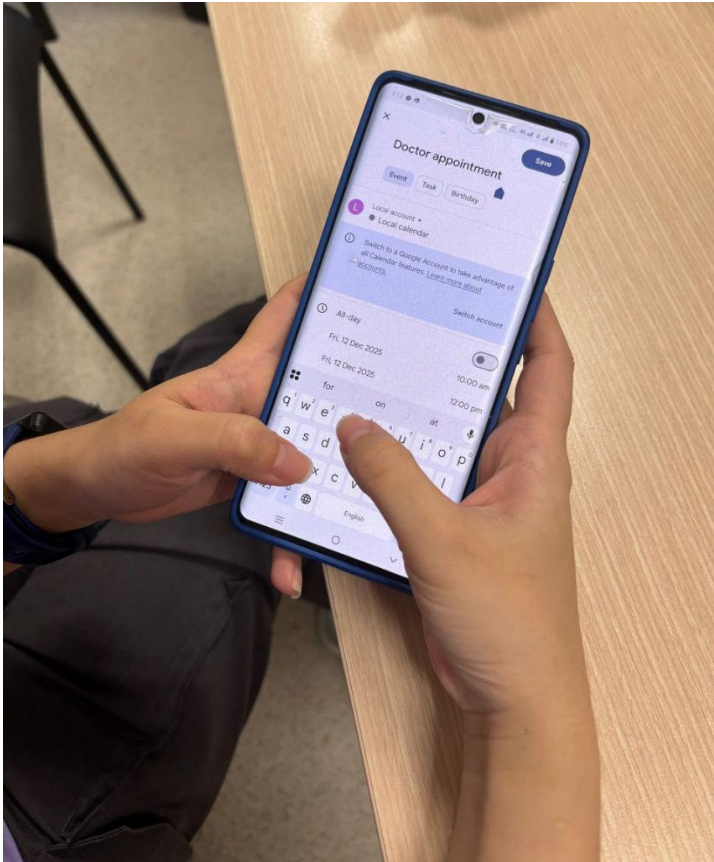


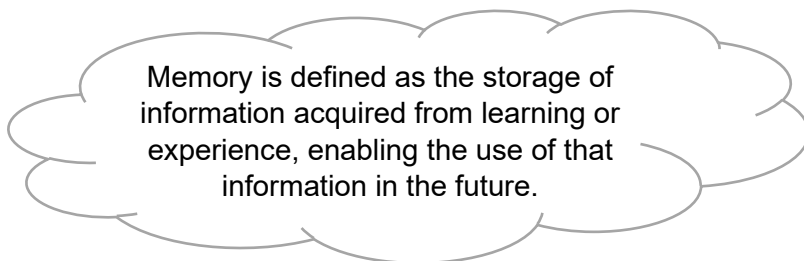
# Memory and Recovery: Coping with memory changes after stroke



This brochure is aimed to educate you on how to cope with memory loss post-stroke.

## Understanding memory changes post stroke

After a stroke, aside from physical impairments, there are also commonly observed changes in cognition including memory.



If your memory is affected, it might present in your daily activities, for example:

- 1) Missing appointments
- 2) Forgetting to lock the doors
- 3) Forgetting to turn off the stove

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Memory is divided into a three-stage process:



To envision this process better, here's an example:  
Your friend has passed you his colleague's phone number.

When you first hear the number, your brain is encoding this information.

To remember the number, you repeat it to yourself several times to help with storage of this information.

When you need to make the phone call, you will then effectively retrieve the correct number from your memory.

## Internal memory strategies

### Visualization

Creating strong mental images of you doing a specific task



Example: To remember buying Milk, Bread, Eggs



Don't just repeat the words:  
Instead, create this image in your mind: Imagine walking into the supermarket and imagine specifically getting Milk, Bread and Eggs, putting it in the trolley

### Repetition/rehearsal

Repeated practice of what you are trying to remember

Gently repeating or practicing information to move it into your long-term memory

Example: Repeating a phone number repeatedly to remember it



### Categorization

Sorting information into groups to help your brain store and recall things more easily after a stroke

Sort items into different groups!

Example: Milk, Coffee, Apple, Banna, Chicken, Beef

Drinks: Milk and Coffee

Fruits: Apple and Banna

Meats: Chicken and Beef



## Internal memory strategies

### Chunking

Breaking information into smaller, easier-to-remember pieces

Example: Breaking a phone number up into 2 parts to remember it

Breaking 86753009 into 2 parts  
8675 ----- 3009  
making it easier to remember

### Association

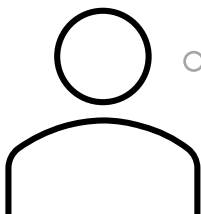
Connecting new information to something you already know well

Example: Associating someone's tastes to their drink order

Mary likes sweet drinks -> Bubble tea  
James likes bitter drinks -> Coffee  
Tom likes sour drinks -> Lime juice



Different strategies  
work for different  
people, try it out  
and see what  
works best for you!



## External memory strategies

Here are some things that you can do to help with remembering important information!

1) Writing down information as soon as you hear it



2) Breaking down tasks into smaller steps



3) Use of memory aids

- a. Planner and notes
- b. Reminders and alarms



4) Pairing routines with habits

For example: Taking medications right before brushing teeth



5) Use of environment

- a. Labelling
- b. Leave items in visible places
- c. Keep items in the same location
- d. Place items in strategic locations

For example: Keeping your glasses at your bedside table



## Tips for caregivers

Using the **C.A.R.E.S** principle

- ✓ **Communication** – Repeat, keep it short and direct, emphasise on the key points
- ✓ **Avoid** – Avoid stressing your loved ones by continual questioning to test them
- ✓ **Routine** – Assist them to maintain a consistent daily routine as much as possible
- ✓ **Environment** – Help to organize the home environment based on tips above
- ✓ **Strategy** – Understand and reinforce the strategies that are helpful for your loved ones

**Notes:**

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