

Memory and Aging

Some changes in the way memory works are a normal part of aging. Memory for new information begins to slip in middle age. You may need to repeat things, or link them with something you already know well, in order to recall them later. Keeping lists of things you should remember may become necessary. Memory slips even more in late life, especially after age 75. The process of remembering takes more time. Even so, your memory is still easily jogged.

Changes like these are not signs of Alzheimer's disease. These normal changes are mild and do not get worse over short periods of time. They are usually recognized by the person who has the memory changes, and they do not interfere with the ability to perform usual activities like shopping, cooking, and driving.

Things You Can Do To Help Yourself Remember

- Listen carefully and take time to remember
- Think about what you want to remember
- Repeat it out loud
- Link the new things to past memories
- Practice using the new information
- If it's especially important, write it down