

13 prospective memory tasks

Here are some prospective memory tasks that you can use in sessions with your patients. These tasks can provide opportunities for your patients to practice their compensatory strategies. For example, your patient might take notes or set alarms. Be sure to adjust the time, complexity, and details to fit your patient's situation and ability level.

1. Whenever possible, use real tasks that you or your patient need to do anyway.
2. Remind me near the end of the session to schedule our visits for next week.
3. Drink some water every 10 minutes while I'm here.
4. Remind me to call your doctor in five minutes.
5. Remember to show me your home exercise log after I check your vital signs.
6. Ask me for a break after you answer 10 questions in the next therapy activity.
7. Tell me about your weekend plans after you tell me about the book you're reading.
8. Pretend you normally take your pills in 15 minutes. In 15 minutes, interrupt whatever we're doing to say you need to take your pills.
9. Here are some pretend to-do's that I want you to remember until the end of the session, when I'll ask you to tell them back to me. You need to pay the electric bill, buy milk, and call your granddaughter.
10. Let's pretend we're going to a concert in the park in half an hour. Remind me in twenty minutes that we need to leave soon.
11. Remind me in 15 minutes to discuss your progress in therapy and your goals moving forward.
12. Tell me three things you want to accomplish today. How will you remember to do them? When I come back next time, tell me if you remembered to do them.
13. When I come back next time, ask me what I thought of the new movie I plan to see.