

Reminder Cards

USING WRITTEN CUES IN THE HOME AND NURSING HOME

When a question is repeated a few seconds after you have just answered it, a **Reminder Card** may help to keep the information in mind. Follow these easy steps for successful remembering:

1. State the answer to the question or concern.
2. Write the answer on an index card or notepad.
3. Read the card aloud with the person and give it to him or her.
4. When the question is repeated, **DO NOT** say the answer, **INSTEAD** say, “Read the card.”
5. Do this each time the question is repeated.

Examples

Q. When am I going to the store?

A. **I am going to the store after lunch** (write this on the card).

Q. Where are we going?

A. **We are going to church** (write this on the card).

Q. Where is my paycheck?

A. **My money is safe in the bank** (write this on the card).

Helpful Hints

- **Print a clear message.** Use large print. Use a few, simple, positive words.
- **Make the message personal.** Use personal pronouns (I, my, we) in the message.
- **Read the message aloud.** If there are reading errors, change the message.