



患者教育

言語病理學服務部



記憶力策略

協助您記憶

本印刷資料講解了 4 種類型的記憶力。另外，本資料還提供了相關策略。在您的記憶力受損時，這些策略可協助您記住事情。

什麼是記憶力？

記憶力是指學習、儲存和獲取資訊的能力。在經歷創傷性腦損傷、中風、腦瘤、多發性硬化，或者影響您的神經系統的其他傷害或疾病後，通常會出現關於部分或所有這 3 個階段的記憶力之新問題或者更加嚴重的問題。

某些類型的記憶力問題可能屬於正常衰老，在這種情況下，多數人都會在獲取資訊方面存有更多的問題。

記憶力的類型

- **長期記憶力（遠期記憶力）**：記憶已多次「複述」（使用）的較早但已充分掌握的資訊，如童年時期寵物的姓名、過去假期的記憶或者您曾就讀之高中的地點。長期記憶力往往在經歷傷害或疾病之後得以保留。
- **短期記憶力（近期記憶力）**：記憶幾分鐘前、幾小時前或者幾天前產生的新經歷，如您之前的早餐吃的是什麼或者您昨天做了什麼事情。短期記憶力往往會在經歷傷害之後受到最嚴重的影響。患有腦損傷的人士可能在注意廣度方面存在問題，如他們能儲存多少記憶、他們思考的快慢程度以及他們學習的效率。這些記憶力問題將會導致相關人士難以理解和儲存短期記憶力，以至於這些問題會被正確地複述和儲存在長期記憶力中。
- **即時記憶力（工作記憶力）**：記憶（通常用心記錄）當前的資訊，如您查詢的電話號碼、某人剛剛給您的指示或者在您進行加減運算時記在您頭腦中的數字。
- **未來記憶力**：記住需要在未來做的事情的能力，如記住服藥、赴約或者堅持完成某項任務或專案。

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有疑問嗎？

您的問題非常重要。如果您有任何疑問，請聯絡您的言語病理學醫師：

有助於提高記憶力的策略

您的言語治療醫師可以與您一起制訂策略，以協助您記住新資訊。有助於您提高記憶力的策略有 2 大類型：內部提醒和外部提醒。

內部提醒

- **複述**：重述您剛剛獲悉的資訊，或者使用您自己的話將資訊重新敘述出來。
- **重複**：默默地或大聲地反復說相同的資訊。
- **闡述**：請求某人重複或改換措辭來表述資訊。
- **組塊**：將項目集合在一起，以減少項目的數量，方便記憶，如將 7 位電話號碼分為 2 個組塊，其中一個組塊有 3 位數字，而令一個組塊有 4 位數字。
- **押韻**：透過押韻來理解重要資訊。
- **首字母縮略詞或字母提示**：為您想要記住的每個詞創造一個字母，反之亦然。例如，透過音樂中的高音譜表線之樂符 E、G、B、D 和 F 來記住句子「Every Good Boy Does Fine」。
- **意象（亦稱為形象化）**：在您的心中創造資訊圖像。
- **關聯**：將舊資訊或習慣與新資訊相關聯，如記住在每晚刷牙後的同一時間服藥。
- **個人釋義**：以某種方式，讓新資訊更有意義或者加入對您至關重要的感情因素。

外部提醒

- 使用日程表、每日備忘錄、智慧型手機或掌上型電腦，或者電腦排程。
- 設定計時器或鬧鐘來提醒您要做某事。
- 寫下提醒事項，如任務清單、購物單和專案概述。
- 使用錄音設備記錄新資訊。
- 使用醫療組織工具，如 MediSet。
- 為重要事項創造特定的、永久存放的地方。例如，在您每次回家時，將您的鑰匙、錢包和手機放在相同的地方。

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Memory Strategies

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Memory Strategies

Helping you remember

This handout explains the 4 types of memory. It also gives strategies to help you remember things if your memory is impaired.

What is memory?

Memory is the ability to learn, store, and retrieve information. New or increasing problems with any or all of these 3 stages of memory often occur after a traumatic brain injury, stroke, brain tumor, multiple sclerosis, or other kind of injury or illness that affects your nervous system.

Some kinds of memory problems may also occur as part of normal aging, when many people have more trouble retrieving new information.

Types of Memory

- **Long-term (remote):** memory for old, well-learned information that has been “rehearsed” (used) over time, such as the name of a childhood pet, memories of past vacations, or where you went to high school. Long-term memory tends to be retained after injury or illness.
- **Short-term (recent):** memory for new experiences that took place a few minutes, hours, or days ago, such as what you had for breakfast or what you did yesterday. Short-term memory tends to be the most severely affected after injury. People who have had brain injuries may have problems with their attention span, how much memory they can store, how quickly they can think, and how efficiently they learn. These memory problems will make it hard to understand and save short-term memories so that they can be correctly rehearsed and stored in long-term memory.
- **Immediate (working):** memory for information that is current, that you usually keep track of mentally, such as a phone number you look up, directions someone just gave you, or keeping track of numbers in your head when you add or subtract.
- **Prospective:** the ability to remember to do something in the future, such as remembering to take a medicine, go to an appointment, or follow through on an assignment or project.

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Questions?

Your questions are important. If you have questions, please contact your Speech and Language Pathologist:

Strategies to Help Improve Your Memory

Your speech therapist can work with you to develop strategies to help you remember new information. There are 2 main types of strategies to help your memory: internal reminders and external reminders.

Internal Reminders

- **Rehearsal:** retelling yourself information you just learned, or restating it out loud in your own words.
- **Repetition:** saying the same information over and over, either silently or out loud.
- **Clarification:** asking someone else to repeat or rephrase information.
- **Chunking:** grouping items together to reduce the number of items to remember, such as grouping 7-digit phone numbers into 2 chunks, one with 3 numbers and the other with 4 numbers.
- **Rhyming:** making a rhyme out of important information.
- **Acronyms or alphabet cueing:** creating a letter for each word you want to remember, or vice versa. One example is using the sentence “**E**very **G**ood **B**oy **D**oes **F**ine” to remember that the lines of a treble staff in music are the notes E, G, B, D, and F.
- **Imagery (also called visualization):** creating pictures of the information in your mind.
- **Association:** linking old information or habits with the new, such as remembering to take your medicine every night at the same time that you brush your teeth.
- **Personal meaning:** making the new information meaningful or emotionally important to you in some way.

External Reminders

- Using a calendar, day planner, smart phone or palm pilot, or a computer scheduling program.
- Setting timers or alarms to remind you to do something.
- Writing down reminders such as to-do lists, shopping lists, and project outlines.
- Recording new information with a voice recorder.
- Using a medicine organizing tool, such as a MediSet.
- Creating specific, permanent places for important items. One example is always putting your keys, wallet, and cell phone in the same place every time you get home.

