Nice Speech Lady

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

HANDOUT-ABLE: Five Different Sample Memory Book Templates with Instructions (English/Spanish)

Memory books as aides for cognitive involvement can assist in the home environment for functional recall in various ways. Below are various example templates as a starting point for clinicians to utilize with patients in order to fulfill this purpose.

Nice Speech Lady has also included in this resource a sheet with instructions for the patient on how to utilize the memory book to self-cue, in the event the patient requires reminders in how to use the memory book on a daily basis outside of speech pathology treatment sessions. Listed are the various components to this resource.

- Instructions, Simple (English Version)
- Instructions, Simple (Spanish Version)

- Instructions, Complex (English Version)
- Instructions, Complex (Spanish Version)

- Memory Book, Version A (English Version)
- Memory Book, Version A (Spanish Version)

- Memory Book, Version B (English Version)
- Memory Book, Version B (Spanish Version)

- Memory Book, Version C (English Version)
- Memory Book, Version C (Spanish Version)

- Memory Book, Version D (English Version)
- Memory Book, Version D (English Version)

- Memory Book, Version E (Spanish Version)
- Memory Book, Version E (English Version)

Clinicians can choose to print each component form individually through setting preferences, as this resource includes all components in totality.

Each section of this resource has a Spanish interpretation available, following each specific form, for availability and ease in understanding.

SPEECH PATHOLOGY PATIENT: _____

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_____ DATE: _____

Instructions, Simple (English Version)

- Use the memory book to help you remember.

- Ask for help in using it.

- Write down what to remember.

- Look at the memory book often.

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SPEECH PATHOLOGY PATIENT: _____

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Instrucciones Simples (Versión En Español)

- Use el libro de memoria para recordar.

- Pida ayuda para usarlo.

- Escriba qué recordar.

- Mire el libro de memoria con frecuencia.

SPEECH PATHOLOGY PATIENT: _____

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Instructions, Complex (English Version)

- You have been given a memory book to help you remember. Lots of people have planners to assist them.

- Start it at the beginning of the day, spend 5-15 minutes planning your day.

- Review it at the end of the day, indicating items you completed and making a list of plans for the next day.

- Keep it in the same place at home so it is easy to locate. Take it with you to appointments and outings.

- Please take time each day to write down things to remember.

- The more you "put into it," the "more you will get out of it."

- Check back to your memory book often. If you can't remember information, your first place to look for answers can be your memory book. You might have written down the information there.

- If you are told information you need to remember, the memory book is the place to write it down.

- Ask for help from others in how to use the memory book more efficiently.

- Talk to your clinician about ways to change the memory book format to meet your needs more effectively.

- Use the back (blank) page to write down information that doesn't go in any category.

- "Check off" appointments as they happen to let yourself know when items on your schedule occur. That way, when you look back, you know what was planned actually happened.

- Offer suggestions to your clinician on "standing" appointments or regular items you would like to track in your memory book.

- Please keep an open mind about the memory book and realize it is a tool to assist you in remembering. We all benefit from various tools – they help us perform at our best.

SPEECH PATHOLOGY PATIENT: _____

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_____ DATE: _____

Instrucciones Complejas (Versión En Español)

- Le han dado un libro de memoria para ayudarle a recordar. Mucha gente tiene planificadores para ayudarles.

- Empiece al comienzo del día, pase de 5 a 15 minutos planeando su día.

- Revíselo al final del día, indicando los elementos que completó y haciendo una lista de planes para el día siguiente.

- Guárdelo en el mismo lugar de la casa para que sea fácil de ubicar. Tómelo con usted a citas y salidas.

- Tómese el tiempo cada día para escribir cosas para recordar.

- Cuanto más "ponga en él", "más sacará de él" (Planificador).

- Vuelva a su libro de memoria con frecuencia. Si no puede recordar información, su primer lugar para buscar respuestas puede ser su libro de memoria.

- Es posible que haya escrito la información allí.

- Si le dicen información que necesita recordar, el libro de memoria es el lugar para escribirlo.

- Pida ayuda a otros sobre cómo usar el libro de memoria más eficientemente.

- Hable con su médico acerca de cómo cambiar el formato del libro de memoria para satisfacer sus necesidades de manera más efectiva.

- Use la página posterior (en blanco) para anotar información que no entra en ninguna categoría.

- "Marque" las citas a medida que ocurren para saber cuando se producen elementos en su horario.

- De esa manera, cuando mire hacia atrás, sabrá que lo planeado realmente sucedió.

- Ofrezca sugerencias a su médico sobre citas "permanentes" o elementos regulares que le gustaría rastrear en su libro de memoria.

- Tenga una mente abierta sobre el libro de recuerdos y comprenda que es una herramienta para ayudarle a recordar. Todos nos beneficiamos de varias herramientas: Nos ayudan a rendir al máximo.

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SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version A (English Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Today is _____ (day), _____ (month), _____(date), _____(year)

Scheduled Plans for the Day:

A.M.

Noontime

Afternoon

P.M.

List of "Things to Do":

1.

2.

3.

4.

5.

Things I Know I Need to Remember:

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version A (Spanish Version)

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SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Hoy es _____ (día), _____ (mes), _____ (fecha), _____ (año)

Planes programados para el día:

A.M.

Mediodía

Tarde

P.M.

Lista de "cosas que hacer":

1.

2.

3.

4.

5.

Cosas que sé que necesito recorder:

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SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version B (English Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Today is _____ (day), _____ (month), _____(date), _____(year)

Scheduled Plans for the Day:

<u>A.M.</u>

<u>P.M.</u>

<u>EVENING</u>

Things to Talk to My Family About:

List of "Things to Do":

What Comes Up During the Day to Remember:

Other:

SLP-chosen for you, from the Nicespeechlady.com library

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Nice Speech Lady

Memory Book, Version B (Spanish Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Hoy es _____ (día), _____ (mes), _____ (fecha), _____ (año)

Planes programados para el día:

A.M.

P.M.

NOCHE

Cosas para hablar con mi familia sobre:

Lista de "cosas que hacer":

Lo que viene durante el día para recordar:

Otro:

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version C (English Version)

Nice Speech Lady

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Today is _____ (day), _____ (month), _____(date), _____(year)

Schedule for the Day:
8:00 a.m.
9:00 a.m.
10:00 a.m.
11:00 a.m.
12:00 p.m.
1:00 p.m.
2:00 p.m.
3:00 p.m.
4:00 p.m.
5:00 p.m.
Evening plans

Ask myself each day: _____

Today's "To Do" List:

Thoughts That Come up During the Day to Remember:

A.M. Meal: Snack:
Noon Meal: Snack:
Dinner Meal: Snack:

Reflections from the day:

SLP-chosen for you, from the Nicespeechlady.com library

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SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version C (Spanish Version)

Nice Speech Lady

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Hoy es _____ (día), _____ (mes), _____ (fecha), _____ (año)

Horario para el día:
08:00 a.m.
09:00 a.m.
10:00 a.m.
11:00 a.m.
12:00 p.m.
01:00 p.m.
02:00 p.m.
03:00 p.m.
04:00 p.m.
05:00 p.m.

Planes de la tarde

Preguntarme cada día: _____

Lista de "cosas por hacer" de hoy:

Pensamientos que surgen durante el día para recorder:

A.M. Comida: Merienda:
Comida del Mediodía: Merienda:
Cena: Merienda:

Reflexiones del día:

SLP-chosen for you, from the Nicespeechlady.com library

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Nice Speech Lady

Memory Book, Version D (English Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Today is _____ (day), _____ (month), _____(date), _____(year)

Before Breakfast:

After Breakfast:

Before Lunch:

After Lunch:

Before Dinner:

Before Bed:

_____

Things to Talk to Family About:

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Nice Speech Lady

Memory Book, Version D (Spanish Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Hoy es _____ (día), _____ (mes), _____ (fecha), _____ (año)

Antes del desayuno:

Después del desayuno:

Antes del almuerzo:

Despues del almuerzo:

Antes de cenar:

Antes de ir a la cama:

_____

Cosas para hablar con la familia sobre:

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version E (English Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ **DATE:** _____

Today is _____ (day), _____ (month), _____(date), _____(year)

Today's plans are:

<u>A.M.</u>

<u>NOON-TIME</u>

<u>AFTERNOON</u>

<u>EVENING</u>

STANDING APPOINTMENTS:

"TO DO LIST":
1.
2.
3.
4.
5.

Remember to do:

Upcoming Doctor's Appointments:

Other:

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Memory Book, Version E (Spanish Version)

SPEECH PATHOLOGY PATIENT: _____

SPEECH PATHOLOGIST: _____

SPECIAL INSTRUCTIONS: _____

_____ DATE: _____

Hoy es _____ (día), _____ (mes), _____ (fecha), _____ (año)

Los planes de hoy son:

A.M.

MEDIODÍA

TARDE

NOCHE

CITAS PENDIENTES:

"LISTA DE QUEHACERES":
1.
2.
3.
4.
5.

Recuerda hacer:

Las próximas citas médicas:

Otro: