

# SMALL CHANGES, BIG IMPACT

## THE BENEFITS OF BUILDING HABITS WHEN IT COMES TO MEMORY

*Building a routine with good habits makes a great impact on your everyday life.*

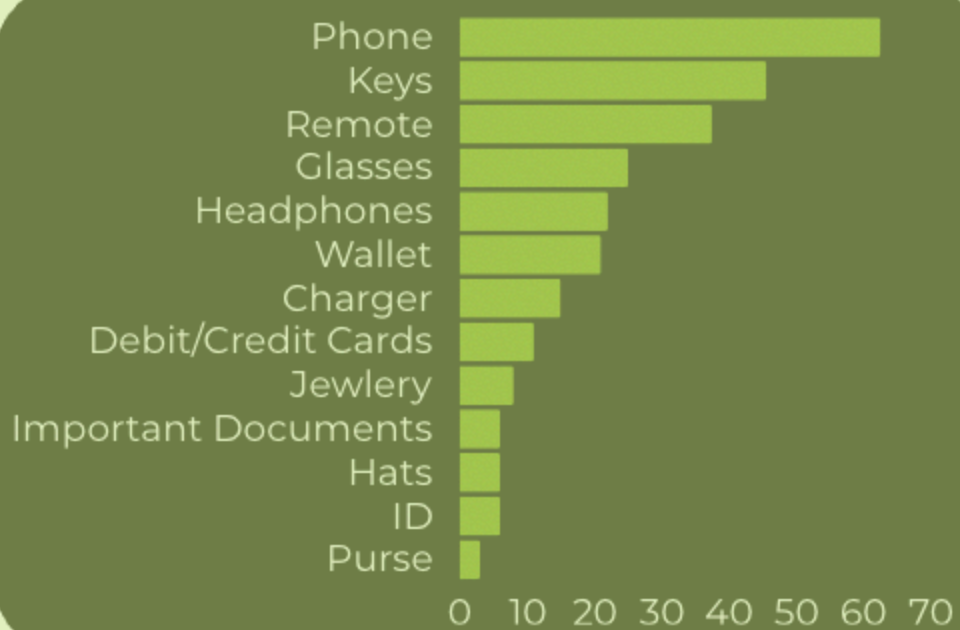
### 1 MANY ELDERLY PEOPLE EXPERIENCE FORGETFULNESS

According to the Alzheimer Society of Canada, around 40% of people may experience some type of memory loss after the age of 65.



### 2 MANY ITEMS ARE LOST EACH YEAR

The frequency of lost items can be seen in the chart



HAVE BEEN LATE TO WORK OR SCHOOL



HAVE MISSED AN APPOINTMENT/ MEETING



HAVE ARGUED WITH A SIGNIFICANT OTHER



MISSED A PLANE, TRAIN, OR BUS



SPENT UP TO \$50 EACH YEAR REPLACING ITEMS



### 3 CONSEQUENCES OF LOSING ITEMS

Losing items can cost us, as seen in this chart.



### 4 HABITS HELP

Studies have shown that following a daily routine and placing items in the same place everyday can help with memory.

### 5 MEMORY PROBLEMS AS A SIGN OF SOMETHING ELSE?

Memory problems can often be associated with more serious problems like Alzheimers and Dementia. If you are experiencing severe memory issues go see your doctor to get checked.

