



Often when people are ill or under stress, their ability to learn is affected. You may find you do not understand simple instructions. You may also find you have difficulty concentrating.

It is important to know that this will not last very long.

**Here are a few ideas that may help you remember things so you can be involved in your care.**

- If you do not understand something that is said to you, ask the person to repeat it.
- If you want to see if you understand something, repeat it back to the person.
- Use a notebook to write down key information.
- If written material is offered, keep it where you can read it again.
- Write out your daily activity schedule.
- If you like to read but can not concentrate, try reading magazines.