**Cognitive Functioning Assist Phase Script—Chapter 13**

*It can be helpful to incorporate the use of reminders and devices to help you remember. Establish a place to put important objects, such as a hook by the door for keys, a bin on your dresser for your wallet and cell phone. You can use daily to-do lists to help you remember what you need to do each day. Memory strategies, such as remembering things together in groups, can help you remember. For example, rather than trying to remember the individual numbers in a phone number, try putting the numbers together. So instead of 5-5-5-7-3-0-9, remember the number as five hundred and fifty-five and seven thousand, three hundred, and nine.*

*Engaging your memory by participating in activities that require careful thinking may also help your memory. Some examples of these activities are learning a new skill, learning to play an instrument, or playing games or completing puzzles that require complex thinking, such as chess, crossword puzzles, or Sudoku. Some older adults enjoy writing or orally sharing their life stories as a way to exercise their memory. Is there anything that you used to do or would like to do to engage your memory?*

*Physical activity may improve your ability to think and remember. Would it be reasonable for you to start a walking program? Because you haven't been walking for physical activity, perhaps we could start out by just walking for 10 minutes a day. What days and times could you plan to do that walk?*

*When you are having difficulty remembering something, it is important to try to remain calm. If you get upset, your stress response makes it even harder for you to remember. Taking a couple of deep breaths can help to reduce the stress response that sometimes interferes with remembering.*

**Incontinence Assist Phase Script—Chapter 13**

*Sometimes we develop incontinence because the muscles that we use to control our urine get weaker as we age. Just like other muscles in our body, if we exercise those muscles, we can make the muscles stronger. If the muscles are stronger, we can control our urine flow more easily. Therefore, we're going to discuss an exercise routine to help you strengthen those muscles. As you are sitting here, see whether you can squeeze the muscles that you use to control your urine flow. The squeezing should not cause you any pain and you shouldn't need to move your body, just gently squeeze those muscles. Are you able to do that? To practice, squeeze the muscles that you use to stop the flow of urine and hold that squeeze for 10 seconds, then let the muscles relax for 10 seconds. Repeat the squeezing and relaxing ten times at least three times a day.*