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October 2025

Memory Myths & Memory Techniques







- Maximilian E. Fuhrmann PhD, ABPP is a licensed clinical psychologist with extensive experience in the assessment and psychotherapeutic treatment of older adults. In 2016, he was credentialled by the American Board of Professional Psychology (ABPP) in their new area of geropsychology. He received his PhD from the renowned Clinical-Aging Psychology program at USC. For over 30 years, he has maintained a private practice in Southern California, specializing in geriatrics. For older adults, he provides screenings and psychotherapy for depression and anxiety. He offers counseling and referrals to adult children who struggle to care for their elderly parents and relatives.

Facts of Memory Quiz

What do you believe you
already know?

Facts on Memory Quiz

True or False?

- FALSE** 1. All types of memory decline in later life.
- FALSE** 2. Most old people can't learn new things.
- TRUE** 3. Recall of long term memory becomes more detailed and vivid in later life.
- TRUE** 4. The ability to recall names on demand becomes more difficult when one is an older adult.
- TRUE** 5. Younger people can recall most things faster than can an older adult because their data bases are much smaller (i.e. their brains' memory storage is emptier).

Normal and Abnormal Memory Loss

- Forgetting where you left your glasses or keys

- Repeating a story to a friend or partner that you had previously told them

- Forgetting what you ate for breakfast yesterday

- Using calendars and lists as a memory aid.

- Forgetting that you wear glasses or what keys are for

- Repeating the same story over and over to the same person on the same day

- Forgetting that you ate breakfast 15 minutes ago

- Do not understand the nature of a calendar

Normal and Abnormal Memory Loss

- | | |
|---|--|
| •Being disoriented for a moment upon waking in a hotel when traveling | •Getting lost in your home of many years |
| •Forgetting to turn off a boiling pot and burning the pot a couple of times | •No memory of putting a pot on the stove or of almost burning down the house |
| •Sometimes forgetting where you parked your car at the mall | •Forgetting that you drove to the mall or that you have a car |
| •Worrying that you are having memory problems | •Gradually unaware and uncaring that you are having memory problems |

Throughout your life what have you done to improve your memory?

- Rehearse
- Repeat
- Associate
- Practice with someone
- Good sleep
- Good nutrition
- Exercise

How do you know your memory needs improving?

- Word is on the tip of the tongue
- Issues with free recall or on demand remembering of names
- Remember minutes, hours or days later what you wanted to retrieve

What is the problem with your memory?

Evaluate if you are
having an encoding (like
saving information in a
computer) problem or
retrieval (can't find book
in library) problem or
both

What can you do to improve your memory now?

- Look at medications and supplements
- Good sleep? Sleep hygiene issues
- Nutrition and hydration
- Physical exercise
- Mental exercise
- Social interaction (especially with children)
- Relaxation and prayer
- Have a purpose
- Be of service to others
- Caring for a pet
- Assess ageism in you and in others

Types of Mental Exercise

(try 2-3 these while getting cleaned up
and dressing 3-4 times a week)

Say aloud

- ❖ 10 male names
- ❖ 10 female names
- ❖ 5 friends' names
- ❖ 10 words which start with a letter you select
- ❖ 10 animals
- ❖ 10 fruits & vegetables
- ❖ 5 of your favorites songs
- ❖ 5 of your favorite bands/singers

Types of Mental Exercise

(try 2-3 these while getting cleaned up
and dressing 3-4 times a week)

Say aloud

- ❖ 10 cities
- ❖ 5 places you have lived or worked
- ❖ 5 actors
- ❖ 5 actresses
- ❖ 5 of your favorite films
- ❖ Your telephone number growing up
- ❖ 3 or your teachers before you were 18
- ❖ Come up with some of your own ideas

As you get better at these after saying the names try to spell some of them backwards!

Types of Mental Exercise

(try 2-3 these while getting cleaned up
and dressing 3-4 times a week)

- Play games on TV which involve memory like Jeopardy, Wheel of Fortune
- Crossword, Sudoku, Wordle
- Play online games with yourself and others
- Have conversations with others
- Volunteer, be of service, find a purpose, fellowship after church

- A. Would your score now improve on the Facts on Memory Quiz?
- B. Remember your memory was not perfect when you were “younger”!
- C. Congratulations! You are older and your brain is a little more full than when you started taking this class!
- D. Thank you for this teaching opportunity!

