

What can I do about problems with thinking or remembering things?



Things I can do with my family

Some patients have found these strategies helpful:

- Talking about how you are feeling with a family member, someone you trust at school, a friend or a member of your care team
- Getting a good night's sleep. See [Sorting out your sleep routine](#)
- Being active by going for a walk or playing. See [Physical activity](#)
- Practicing meditation and brain exercises such as puzzles or games

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest meeting with someone to identify learning and memory problems
- Suggest meeting with someone to help teach you strategies for managing problems with thinking or remembering things
- Treat other symptoms that often occur with difficulty thinking or remembering things such as [feeling tired](#), difficulty sleeping or [feeling disappointed or sad](#)
- Review your medications to see if you are taking some that can make problems with thinking or remembering things worse
- Connect with your teachers to develop a plan to support your learning needs

When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help (Kids Help Phone: 1-800-668-6868) if you:

- Have symptoms like tremors, changes in your speech, weakness, numbness, dizziness, confusion or loss of balance