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# Spaced Retrieval Step by Step

## An Evidence-Based Memory Intervention

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture is 75 slides and 75 minutes in duration.

### I. Introduction

- A. How does memory work?
- B. Types of memory
  - 1. Sensory memory
  - 2. Working memory
  - 3. Long-term memory
    - a. Declarative memory
    - b. Non-declarative memory
- C. Memory and spaced retrieval

Notes

Interactive Questions – slide 16 @ 19 minutes

### II. Implementing Spaced Retrieval

- A. Getting started
  - 1. Identify the person’s need or desire
    - a. Safety
    - b. ADLs and independence
    - c. Orientation and wayfinding
    - d. Details and information
  - 2. SR screening
    - a. SR screening procedures
    - b. SR reading screening procedures
  - 3. Developing a lead question and response
  - 4. Practice
- B. Education
- C. Process
  - 1. First practice session
  - 2. All subsequent practice sessions
  - 3. Practice schedule
  - 4. How and when to modify
    - a. Failure
    - b. Too easy
  - 5. When to end treatment
  - 6. Booster sessions

Interactive Questions – slide 57 @ 60 minutes

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- III. Visual cues and external memory aids
    - A. Visual aids
    - B. Creating a continuous visual cue (CVC)
    - C. Environmental cues
  - IV. Educating and working with others
    - A. Care teams and families
    - B. How to involve everyone
  - V. Case examples

Notes

Interactive Questions – slide 73 @ 74 minutes

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