



# Spaced Retrieval Step by Step: An Evidence-Based Memory Intervention

*Jeanette Benigas, Jennifer Brush, Gail Elliot*

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Using the therapeutic method of spaced retrieval has proven an effective way to improve the memory and communication abilities of people who have dementia. This practical resource walks health care providers - as well as family caregivers - through the implementation of spaced retrieval methods and demonstrates the many positive benefits to be gained.

Light years ahead of previous resources on spaced retrieval, here are improved forms, visual cueing tools, communication tips, and advice for environmental supports along with an easy step-by-step explanation of the implementation process. A lively history of the evidence and research behind this method is also provided.

Case studies illustrate the diverse range of applications of spaced retrieval to help improve the daily performance, safety, and confidence of people with memory loss.

Incorporating spaced retrieval into the whole care process of older adults and others with cognitive impairment makes this guide useful not just for therapists (occupational therapists, speech-language pathologists), but for nurses and health care professionals at all levels of care.

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