

Table SI. Memory group session content

Session	Component	Content summary	Homework activity
1	Education Strategies: Internal External Lifestyle issue	Stages of memory Learning names – repetition, association Introduction to external memory aids Optimizing the home/office environment	Learn a new name Change your home or work environment
2	Education Strategies: Internal External Lifestyle issue	Brain regions important for memory Route-finding – attending to important features Note-taking Exercise and memory	Increase your exercise Remember to bring your diary and a photograph to guide week 3 activities.
3	Education Strategies: Internal External Lifestyle	Prospective memory Recalling context and self-prompting Diaries, lists, notes, physical reminders, alarms. Diet and memory	Incorporate fish into a meal Remember to make a call to the office and state what strategy you used to do so. Remember to bring your electronic device.
4	Education Strategies: Internal External Lifestyle issue	How stress and mood affect memory Word-finding and conversations – focusing on meaning Using electronic devices Managing stress	Learn a new app on your smartphone or tablet Identify sources of stress and find a way to reduce stress
5	Education Strategies: Internal External Lifestyle	The importance of sleep and fatigue Learning and recalling names (alphabet search, rehearsal, association etc.) Completing complex tasks – using checklists Managing fatigue and improving sleep	Complete a sleep diary for the week Remember to make a call to the office to let them know your favourite part of the group.
6	Revision/quiz Planning ahead	Revise strategies and lifestyle issues Sources of additional help and support	