

DIFFERENT TYPES OF MEMORY AND HOW APD CAN AFFECT THEM - DIRECTLY OR INDIRECTLY

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There are different types of memory.

Auditory memory is simply remembering what we hear. That is the type of memory that is directly affected by APD. But it can affect other types of memory indirectly too.

Short term memory only lasts 2 minutes. In that time you have to process - and decide what to do with - everything you see, hear, feel etc. They call this information from the senses 'sensory memory'.

If you are unable to process sound or speech efficiently in that 2 minutes, it will affect your ability to decide what to do with it - dump it/forget it, use it (like remembering numbers to do a calculation or retaining the question long enough to answer it) or put it in your long term memory to keep.

Working memory is the holding area or 'using it ' part of the brain. It is where the brain holds and sends the information to the brain or body to act, or discards it. Some people use short term and working memory interchangeably but they are not the same - there are clear stages between processing what we are hearing/seeing/feeling (input in the sensory memory which goes to the short term memory) and then holding it and using it (working memory) but one leads to the other if the information is not forgotten misprocessed/confused/on the way. In APD, quite often a lot of auditory information is just discarded because it makes no sense due to APD. If it is stored in the long-term memory and the information is incorrect or incomplete, this can cause even more problems. If people have visual processing problems, the same applies to visual information.

Long-term memory is where the brain stores everything, and recall of any information in this long-term memory depends on how efficiently you have stored it and how accurate the information was that you stored.

If part or all of it is misprocessed or jumbled or remembered incorrectly at the start, (due to APD) these processes will not be possible and the information is lost, or stored incorrectly.

The actions of memory can be a seamless process in people without processing difficulties. It is often a problem when they have these difficulties. This is why multi-sensory input is so important to remembering things - having more in-roads into the short term, working and long term memory help us make sense of it all. I hope this makes sense!

Please see <http://www.human-memory.net/types.html>