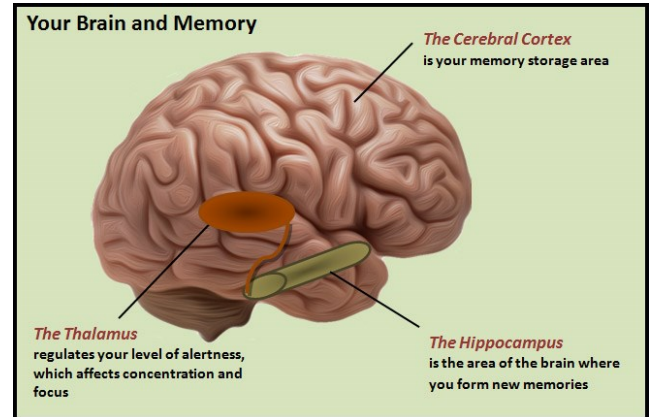




Loss of Memory After a TBI

“Memory” is not just one specific ability. There are actually different types of memory, and TBI affects some more than others.

- TBI affects short-term memory more than long-term memory
- TBI often affects parts of the brain responsible for learning and remembering
- *Remembering to remember* is one of the greatest struggles for someone with a TBI
- People with a TBI might not remember the incident that caused their injury



Memory Strategies

Developing effective strategies to improve memory is not an exact science, and does not happen overnight. Be patient, and seek help from family and friends as you attempt to implement these strategies.



Will Memories and the Ability to Remember Return?

Unfortunately, research has found very few ways to restore the brain’s natural ability to learn and remember.

There are a few medications that have shown positive outcomes, and you should consider speaking to your doctor.

However, the most effective tool continues to be using compensatory strategies. This utilizes memory devices to help compensate for limited storage space in our brain. Examples that we use every day include to-do lists, grocery lists, alarm clocks, cell phones, etc. The other side of this sheet lists an array of compensatory strategies.

College students should consider the Disability Support Services at their school, and employees should seek help from Alabama’s Vocational Rehabilitation services if memory issues are affecting your school or work. If you need help, your AHIF Resource Coordinator can help.

Please visit www.ahif.org or call the AHIF office at (800) 433-8002 to confirm the appropriate AHIF Resource Coordinator for your location.

Compensatory Strategies to Improve Daily Memory for TBI Survivors and Caregivers



- Keep distractions to a minimum.
- Focus on one task at a time.
- Have the individual repeat after you, if memory impairment is severe.
- Have the survivor write down key information (e.g., appointments, phone messages, list of chores).
- Speak slowly and repeat yourself when talking with the survivor.
- Keep to routines.
- Keep household objects in the same place.
- Stick to the same routes.
- Use a pill box to keep track of medications.



- Use a *memory station* near the door to hold items such as wallets, phones, and keys.
- Make lists and check off completed tasks.
- Use alarms, calendars, and note-pads to help stay on task and remember appointments.
- Technology—Tablets, Cell Phones, Alexa, etc.

Over time, these strategies will become habit, and the TBI survivor may be able to complete tasks independently and unprompted.

For more specific assistance and advice, reach out to your AHIF Resource Coordinator.