

Traumatic Brain Injury
Resource Bundle
for American Indians

Memory Loss and Traumatic Brain Injury (TBI)

Memory problems are common after moderate to severe TBI.



What kind of memory does TBI affect?

People who have had a TBI are likely to keep their long-term memories, such as what they learned in school. But they may have trouble with **short-term** and **prospective memory**.

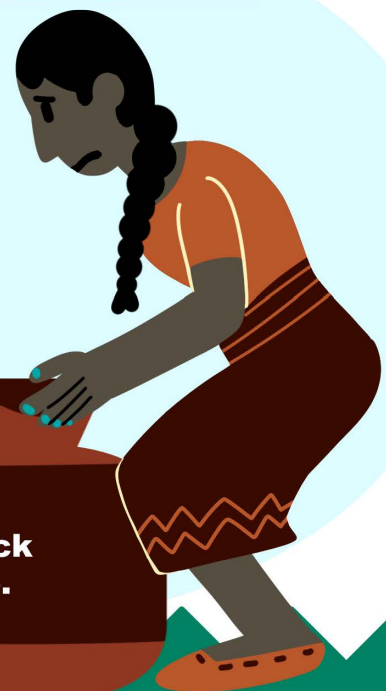
Short-term memory is being able to recall new information. People with TBI may:



Have trouble learning something new.

Forget events such as a recent conversation.


Lose track of time.




Prospective memory is being able to remember your plans and intentions long enough to act on them. People with TBI may forget about keeping appointments and important events such as birthdays.

How can you manage memory problems?


There are strategies you can use to help manage memory problems and still get things done. Some of these strategies include:




Using checklists to keep track of what you've done or distinct steps in an activity.




Taking time to practice, repeat, or rehearse information you need to remember.




Asking people to talk slower or repeat what they said to make sure you understand it.




Using a pill box to keep track of your medicines and take them correctly.



Using a "memory station" at home—like a table by the door—to keep track of important items like your wallet, keys, or phone.



Using aids to keep track of your schedule. This may include organizers, notebooks, your cell phone calendar or alarm, or other "apps" for staying organized.



Getting rid of distractions before you start on something that you want to remember, such as turning off your television or putting your phone in a different room.

Source: The infographic was adapted from the Memory and Moderate to Severe Traumatic Brain Injury factsheet developed by Tessa Hart, PhD, and Angelle Sander, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org/>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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