



Memory Problems After Traumatic Brain Injury (TBI)

Memory problems are common for people who have a moderate to severe TBI.
Severity of memory loss depends on the severity of the injury.

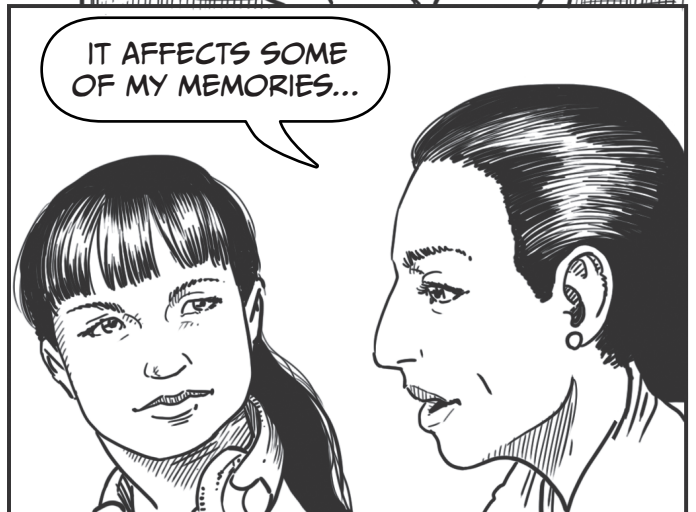
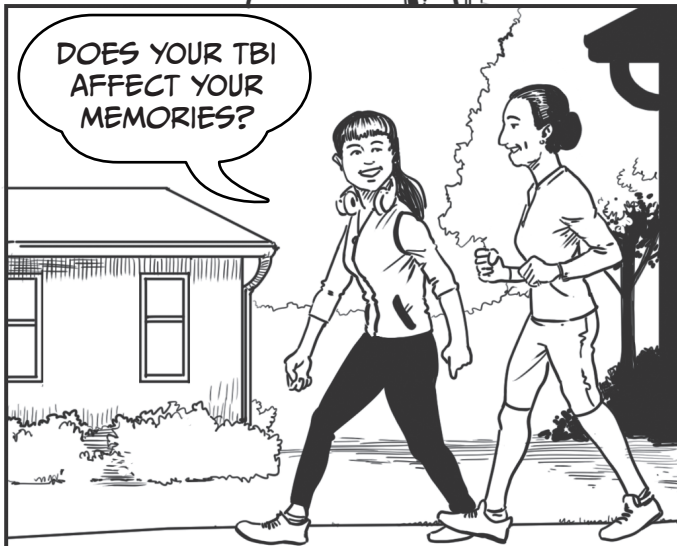
I THOUGHT WE WERE GOING TO MEET AT MY HOUSE TODAY FOR A WALK. WHEN YOU DIDN'T ANSWER MY CALL, I GOT WORRIED.

I'M SO SORRY, ENOLA. I COMPLETELY FORGOT ABOUT OUR WALK, AND I CAN'T REMEMBER WHERE I PUT MY PHONE. EVER SINCE MY TRAUMATIC BRAIN INJURY, IT'S BEEN HARD TO REMEMBER THINGS.



DOES YOUR TBI AFFECT YOUR MEMORIES?

IT AFFECTS SOME OF MY MEMORIES...

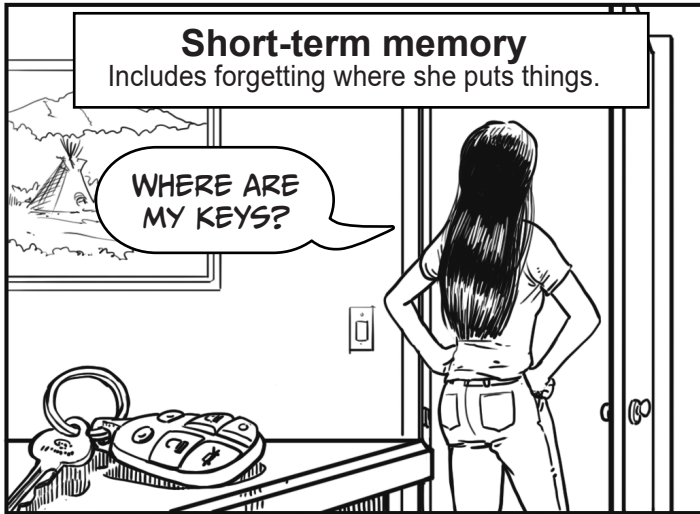


Winona and Enola decide to take a walk around Winona's neighborhood instead. Curious, Enola asks Winona about her memory problems.

Winona explains that she has no trouble with her long-term memory, such as what she learned in school. But she has trouble with short-term memory and prospective memory (remembering to remember).

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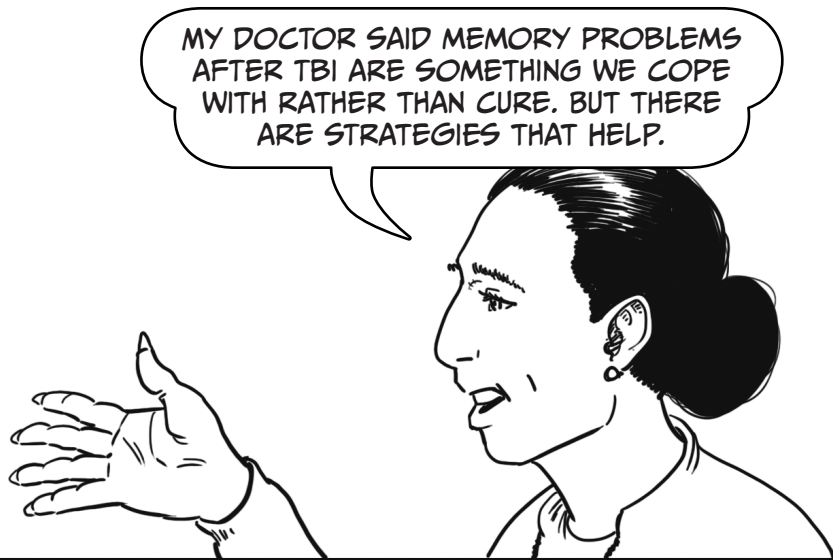
Winona continues...



Short-term memory
Includes forgetting where she puts things.



Prospective memory
Includes forgetting important dates or events.



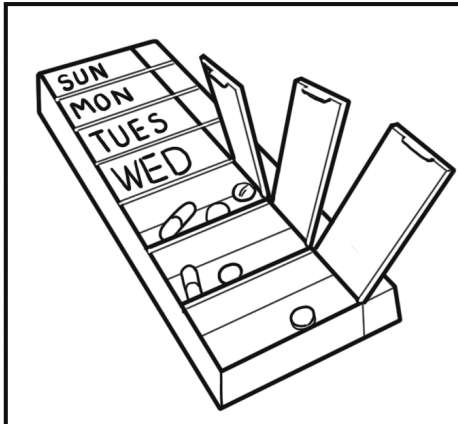
Winona tells Enola that these techniques are known as compensatory strategies. They include things like...



Getting rid of distractions before you start on something you want to remember.



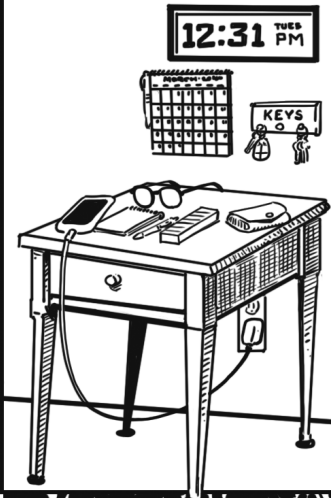
Asking people to talk slower or repeat what they said.



Using a pillbox to keep track of medicines.

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Using a home memory station to store important items. This may include a table near the door or a certain section of the counter.



Using organizers, notebooks, or a cellphone calendar app to keep track of important information.



Using checklists to keep track of what you've done or to track the steps in an activity. For example, you can keep a list of the bills you need to pay each month.



Using the video recording setting on your cellphone to record important conversations with doctors and other healthcare professionals. Always get permission before recording.



I'M GUESSING IT CAN BE HARD TO REMEMBER ALL THOSE STRATEGIES, TOO!



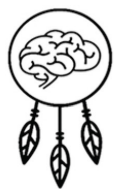
YES, IT CAN BE. THAT'S WHY IT'S IMPORTANT FOR GOOD FRIENDS LIKE YOU TO HELP REMIND ME OF THESE STRATEGIES.



Source: The content of this infocomic was adapted from the factsheet entitled Memory and Moderate to Severe Traumatic Brain Injury, which was 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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Traumatic Brain Injury Resource Bundle for American Indians

