

Memory

People depend on their memory to learn & remember information as well as to remember what they plan to do in the future. If you are having memory problems, you may notice difficulty remembering things that have happened recently, including details from conversations or information given to you by your doctor. You may also notice difficulty remembering to do things you plan, including attending scheduled appointments or taking medications on time.

Note-taking is a helpful memory tool. You can use a Consultation Note form to keep track of information you receive at medical appointments. It may help to write down questions you want to ask at your appointment ahead of time. It may also help to keep the forms organized in a folder or binder that you take with you to all of your medical appointments.

Please feel free to download a blank **Consultation Note form. **

Other memory helpful memory strategies include:

1. Set and follow a daily schedule. You can read more about this at Daily Schedules by selecting "Daily Schedule under the Mild Brain Injury tab on the left of this page.
2. Use memory tools such as:
 - To do list
 - Checklist
 - Posted signs or notes
 - Day planner and/or calendar
 - Electronic Aids such as a Smartphone, tablet, computer, PDA or watch
 - Timers & alarm reminders
3. Use repetition to help remember important items – be sure to practice over and over the “right” way and avoid guessing and making mistakes:
 - Say it
 - Listen to it
 - Ask someone to show me
 - Do it a few times
 - Read it
 - Write it
4. Stay Organized – Always put things (keys, wallet, mail, etc.) in the same place so I will I remember where they are.
5. If possible, address other symptoms that can worsen memory such as:
 - Pain
 - Strong emotions including Anxiety, Depression & Anger
 - Stress
 - Lack of Sleep
 - Poor nutrition or hydration
 - Illness or other poor health



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If these strategies aren't working, consider using SWOPS to identify other options to help you remember.

You can read about SWOPS by selecting "Problem Solving" under the Mild Brain Injury tab on the left of this page.