

MEMORY



Memory is the brain's ability to retain previously experienced sensations, information, and ideas. Memory impairment is the inability to recall, organize, or process information.

LOOK FOR:

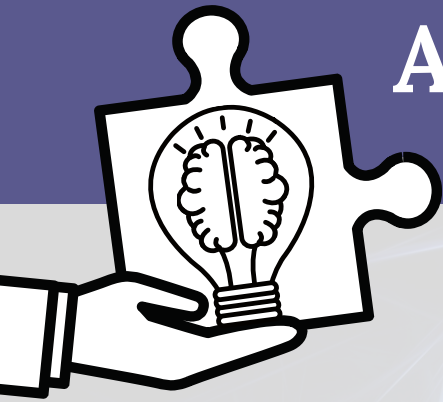


- Inconsistency with steps of tasks or daily activities
- Difficulty recalling previously learned information
- Difficulty learning new information/organizing several pieces of information
- May appear inattentive, mentally foggy, forgetful
- Lacking follow through with activities or instructions



Brain Injury
Alliance

I O W A



ACCOMMODATIONS FOR PROFESSIONALS

- Suggest keeping important information and materials in a single location (*such as a folder or a calendar*)
- Provide important information in both verbal and written form or suggest the individual write things down
- Provide the individual with multiple reminders of important dates and tasks
- Encourage the use of alarms and reminders.
- Encourage the individual to complete tasks that challenge their memory (*e.g., memorizing new names*)
- Review information frequently and ask individuals to repeat back what they learned in their own words
- Schedule recurring appointments on the same day and time each week



CITATIONS

The development of this project was supported through funding from the Iowa Department of Health and Human Services' (Iowa HHS) Brain Injury Services Program (BISP). The contents are the sole responsibility of the authors and do not necessarily represent the official views of Iowa HHS.

Updated May 2023

Public Health
IOWA HHS