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 ASSOCIATION OF IOWA

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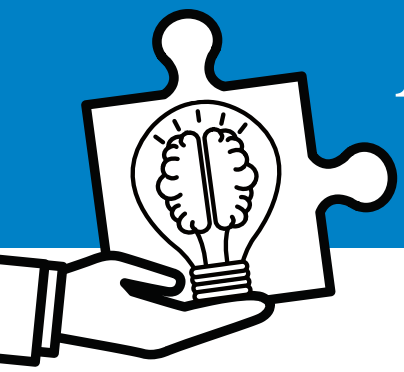

ACCOMMODATIONS FOR PROFESSIONALS

- **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

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