

MEMORY

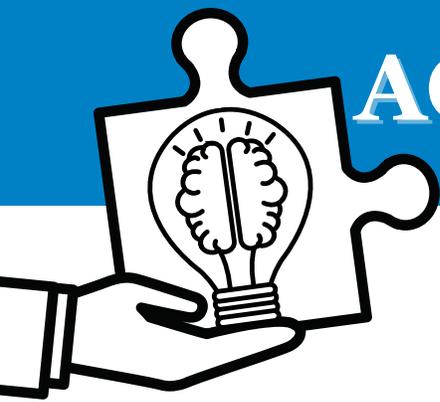


Memory is the brain's ability to retain previously experienced sensations, information, and ideas. Memory impairment is the inability to recall, organize, or process information.

LOOK FOR:

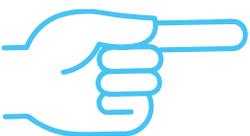


- Inconsistency with steps of tasks or daily activities
- Difficulty recalling previously learned information
- Difficulty learning new information/organizing several pieces of information
- May appear inattentive, mentally foggy, forgetful
- Lacking follow through with activities or instructions



ACCOMMODATIONS

- **Keep important items (*e.g., keys, wallet, papers*) in one designated location**
- **Set reminders for yourself**
- **Write things down in more than one location (*such as on a paper calendar and in your phone*)**
- **Keep a journal. At the end of each day, write down what you accomplished and what you would like to accomplish the next day**
- **Try learning a new skill or language to improve working memory**
- **Label items in your home (*labeling cupboards, rooms, or labeling perishable foods with the date it was opened/prepared*)**
- **Schedule recurring appointments on the same day and time each week**



Do not push yourself too hard



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.
Version date August 2025