
[November is National Family Caregivers Awareness Month](#)

For National Family Caregivers Month, Brain Injury Association of America's former Board Chair, Page Melton Ivie, reflects on how caregivers can alleviate feelings of loneliness or isolation and find community among other caregivers. "Meeting another caregiver is like meeting a friend – someone to whom you can instantly relate because no matter your backgrounds, you are on a similar life path," she says. [Click here](#) to learn more about her experience as a caregiver and the support system she has found among friends, loved ones, and fellow caregivers.

2026 Annual Conference Date Change



Due to recent scheduling adjustments, the conference will now take place **March 3–4, 2026** (previously March 12–13) in West Des Moines, Iowa. We appreciate your flexibility as we finalize details to ensure a strong and successful event.

We're also pleased to share that [conference registration is now open](#). You can access the registration [HERE!](#)

If you are interested in presenting, [presentation proposals will be accepted until December 5th](#) for review. We encourage you to submit soon and share your expertise with our community.

We're excited to see you in March and look forward to another meaningful gathering. If you have any questions or need support with registration, please don't hesitate to connect with us — we're here to help.

Memory Loss and Brain Injury: Understanding the Connection

Memory is one of the most complex and essential functions of the human brain. It allows us to store information, form our identities, and navigate daily life. When the brain is injured — whether through trauma, stroke, or disease — memory loss can occur, profoundly affecting a person's quality of life. Understanding how and why this happens is key to both prevention and recovery.

The brain stores and retrieves memories through a network of regions that work together, and damage to any of these regions can disrupt the typical memory process, leading to partial or total memory loss.

- Hippocampus: Critical for forming new memories and connecting them to emotions and senses.
- Frontal lobes: Responsible for organizing, retrieving, and using stored information.
- Temporal lobes: Help process and store long-term memories, including language and auditory information.
- Amygdala: Links emotions with memories, influencing how strongly we remember certain events.

While memory loss after brain injury can be challenging, many people may experience improvement with proper care. Some examples of care are:

1. Cognitive Rehabilitation Therapy (CRT): Helps retrain the brain through exercises that improve attention, problem-solving, and memory recall.
2. Speech and Occupational Therapy: Teaches compensatory strategies, such as note-taking, using alarms, or breaking tasks into smaller steps.
3. Medication: Some drugs can support cognitive function or manage underlying issues like depression or anxiety that worsen memory problems.
4. Healthy Lifestyle: Regular physical activity, sleep, proper nutrition, and mental exercises (like puzzles or reading) can enhance brain recovery.
5. Support Networks: Family, caregivers, and support groups play a vital role in emotional healing and adaptation.

Protecting the brain is the best defense against memory loss. Consider helmet use, seat belts, safe driving, managing cardiac health, avoiding excessive alcohol or drug use as well as engaging in lifelong learning to build protective factors into your day to day life.

Remember, memory loss following brain injury can be temporary or permanent, mild or severe—but it is never insignificant. Through medical treatment, cognitive rehabilitation, and lifestyle changes, many people can regain some of their memory functions or engage in strategy development or request accommodations to manage functional loss or changes. Ongoing research into brain plasticity offers hope for even better recovery outcomes in the future.

If you have questions about challenges you are facing as a result of changes in memory post injury, consider visiting with your Brain Injury Resource Facilitator, contacting BIAIA at info@biaia.org or checking out our tip sheets on our [resource page](#).

Webinars

FREE CEU opportunities available for these webinars!

Visit our [webinar page](#) to learn more and register.



BRAIN INJURY ASSOCIATION OF IOWA

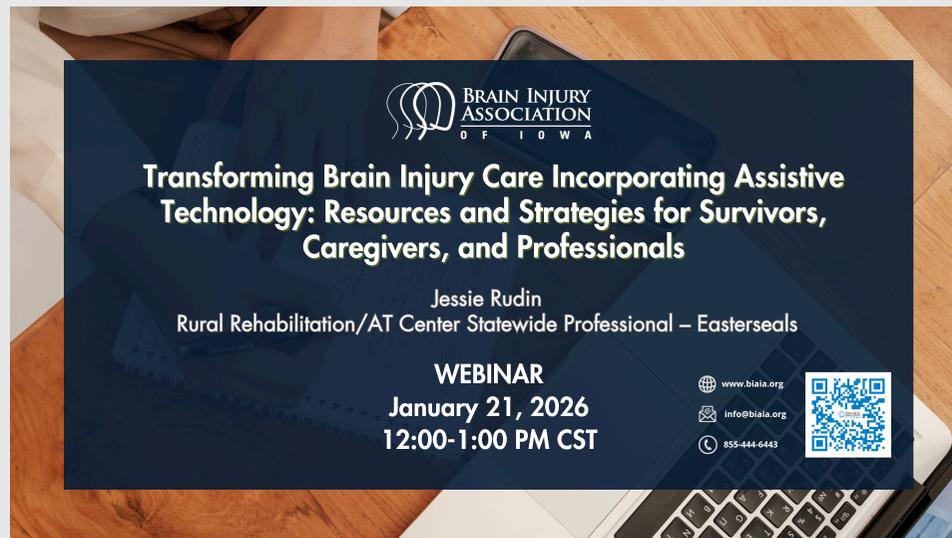


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NAVIGATING LIFE AFTER BRAIN INJURY: HOW DISABILITY RIGHTS IOWA CAN HELP

Disability Rights Iowa

WEBINAR
December 3, 2025
12:00 - 1:00 PM CST



BRAIN INJURY ASSOCIATION OF IOWA

Transforming Brain Injury Care Incorporating Assistive Technology: Resources and Strategies for Survivors, Caregivers, and Professionals

Jessie Rudin
Rural Rehabilitation/AT Center Statewide Professional – Easterseals

WEBINAR
January 21, 2026
12:00-1:00 PM CST

www.biaia.org
info@biaia.org
855-444-6443



Support Groups



Our support groups are where individuals can connect, share experiences, and find encouragement. Together, we provide understanding, resources, and community to help one another navigate challenges and celebrate successes. Visit our [Support Group page](#) for more information.



Educational Topics Survey

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated! [Participate in the survey.](#)



Call for Webinar Proposals

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones. [Submit proposal](#)

Brain Injury Resource Facilitation



Brain Injury Resource Facilitators are available to serve Iowans; to answer questions and connect those with a brain injury to resources and information. [Learn more about this program.](#) BIAIA is one call away.

[BIAIA Satisfaction Survey](#)



Our mission at the Brain Injury Association of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.