Brain Injury Bites: Help and Advice
Episode Four: Memory problems

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Memory notepads

Writing things in a notepad that you carry around with you can help you to remember what you've been doing and the improvements you've made.

Use technology

Use technology such as Alexa and Google Assist to remind you to do things. This can be every day things as well as reminders about one off things, such as turning the oven or stove off, or stopping the taps on the bath running.

Make a list

Whether it's a to-do-list, a shopping list or another activity you need to get done, add it to a list and write it down.

Make sure you tick each thing off as and when it has been completed. This will also help you to see how much you have achieved and celebrate your improvements.

Write things down

This will create a permanent memory. You can use post it notes and whiteboards as reminders and write your schedule down so you don't forget any appointments.

Get into a routine

Try to do the same thing over and over again to help to improve your memory. An example of this is making sure you put things back in the same place, such as your keys, so that you don't forget where you've put them.

Also remember to take the same things out with you when you leave the house, such as your keys, wallet and phone. Try and find ways to remember these things, such as remembering the number three, so you know there are three things you need to remember to take with you.

Use your phone

➤ Alarms, diaries and notebooks can all be useful in aiding your memory after a brain injury.

➤ Remember to put any appointment and events into your diary straightaway, so you will remember them at a later date.

➤ Set regular and reoccurring alarms to remind you to do things (e.g. take medication, attend appointments, remember parking time limits, etc.).

➤ Take a photograph of where you've parked; choose something that is fixed as a marker.

"There is no shame in asking for help."

Brain Injury Bites
Bite-sized podcasts helping brain injury survivors

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