

Some Top Tips!

- Look after your physical well-being; eat well & sleep well.
- Use memory aids such as diaries, calendars, mobile phones, alarms and notebooks.
- Avoid overloading yourself - concentrate on one thing at a time and reduce distractions.
- Be honest about your difficulties. Check with others that you have understood or remembered correctly. Ask for repetition.
- Develop structure and routine and have set places for items in your home.
- Ask people to show you things rather than just tell you.
- Be kind to yourself. Don't criticise yourself for every mistake you make.

Useful Contacts

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Headway: The Brain Injury Association
Website: www.headway.org.uk
E-mail: enquiries@headway.org.uk
Tel: 0115 924 0800

Stroke Association
Website: www.stroke.org.uk
Tel: 0303 3033 100

<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **Nov 2015** and is due for review in **Nov 2017**.

Leaflet code: F-ABISM-15-694



Brain Injury and Memory

Acquired Brain Injury Service
Acorn Suite
1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Fax: 01244 389255

Brain Injury and Memory

Memory impairments are one of the most common consequences of brain injury. This is because so many different parts of the brain are involved in our memories.

Some parts of the brain are responsible for storing particular types of memories, such as memories of events, conversations, or images.

Other parts of the brain process, sort, or retrieve memories, and all of this is linked together by many different systems.

If you, or someone else, think you may be having memory problems after a brain injury, it can be helpful to have an assessment of your memory and other thinking skills.

Assessments can help to find out what is causing your memory problems, what your strengths and weaknesses are, and what may be helpful for you when managing memory difficulties.

Will my memory improve?

Often there is improvement during the first couple of years after a brain injury, but it is difficult to predict how much improvement there will be.

People often ask whether brain training will help improve memory, but there is no scientific evidence to show that it does.

What can I do to help?

Finding ways to manage memory problems can make life easier and increase independence. Some of the things you can do are:

Look after your physical well-being

If you are hungry or tired your body (including your brain) does not have the energy it needs to work well. Make sure you eat regular meals and incorporate regular rest breaks and good sleep into your schedule.

Use Memory Aids

Memory aids can be very useful, some common examples include diaries, mobile phones, alarms, wipe boards, and notepads.

Write things down e.g. appointments, messages and important contact details. Keep a notebook and pen with you at all times (or at least by the telephone).

Use alarms and reminders on your phone to help you to keep appointments or to remember to do things.

Avoid Overloading

Try to avoid overloading yourself. You need to be relaxed and patient for your memory to work at its best. Reduce background distractions e.g. turn the TV and radio off.

Check out your understanding

Ask people to repeat things if you need them to or summarise it yourself to make sure you've got the gist. Write bullet point

summaries of the information you are trying to learn.

Develop Structure and Routine

Developing a routine reduces some of the pressure on your memory e.g. walk the dog at the same time every day, do your shopping on the same day of the week, and have a set place for things in your home e.g. keys.

Repetition and Elaboration

Where appropriate, ask people to show you rather than just tell you things (this helps you to make use of both your verbal and visual memory). Ask for repetition.

Recognise the role of Emotions:

Your confidence and mood affect your memory and being more emotional is common after a brain injury. Don't criticise yourself for every mistake you make, people without memory difficulties sometimes forget things or misplace things.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.