

Supporting memory following a brain injury



What is memory?



Memory is the brain's ability to take in information, store it, and find it again when we need it.

Working memory is like the brain's temporary notepad or mental workspace. It helps you hold onto information for a short time while you use it.



How can a brain injury impact on memory?

A brain injury can affect how the brain takes in, stores, and recalls information. This doesn't mean someone is less intelligent or unable to learn. Students with memory challenges can continue to learn successfully when they have the right support and strategies in place. Everyone's brain injury is different, so memory difficulties vary from person to person. A memory difficulty is not the same as a lack of effort or motivation.

Difficulties may include:



- Forgetting new information
- Difficulties remembering appointments or deadlines
- Forgetting where things are, where you have placed things, directions to places
- Difficulties remembering names or faces
- Losing track during tasks
- Difficulties following multi-step instructions
- Cognitive fatigue – using your working memory can be more difficult when you are tired (see further fatigue resources on our website)

Teachers can help by:



- Giving one instruction at a time
- Checking understanding before moving on
- Providing written copies of instructions
- Repeating key information
- Allowing extra processing time
- Encouraging the use of planners and reminders
- Breaking longer tasks into manageable steps and checking understanding after each step
- Giving regular opportunities to review previous learning
- Using consistent classroom routines