

Supporting memory following a brain injury



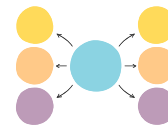
TOP TIPS



Write it down



Use visual supports/prompts



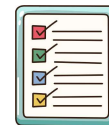
Keep a routine



Break down tasks into smaller steps



Ask for written instructions



Review information regularly



Give yourself time



Don't be afraid to ask for help

