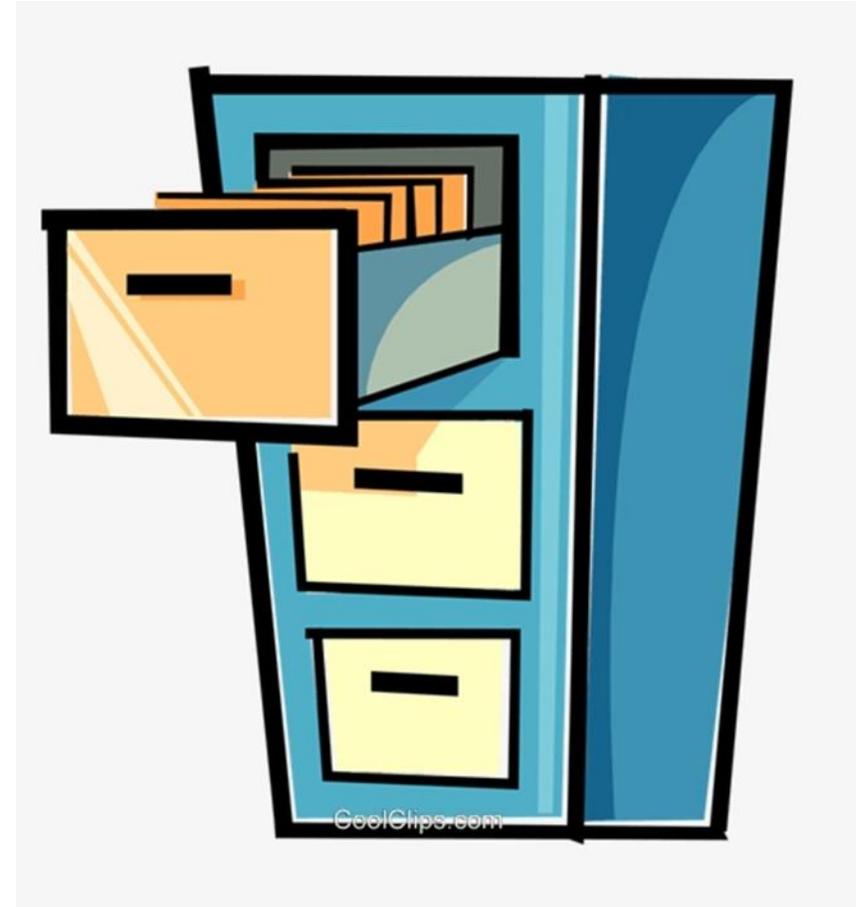


Memory

There are 3 stages of memory:

- Encoding (taking it in)
- Storage (keeping it)
- Retrieval (finding it again when you need it)



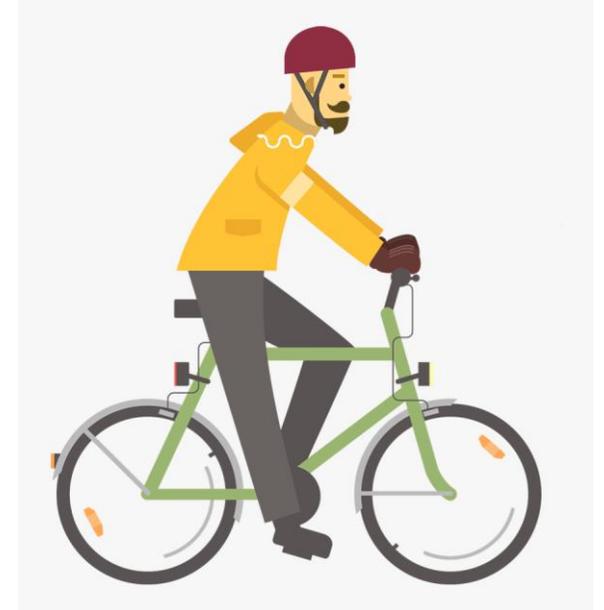
There are several different types of memory

Implicit memory

Procedural – e.g. *knowing how to ride a bike or play an instrument.*

Priming – a memory where we have heard something before and are quicker to recognise it the second time around. e.g. *If a friend of yours was talking about their recent trip to Thailand and you later feel a craving for Thai food for dinner, you would be experiencing it.*

Conditioning – associating one thing with another e.g. *a fridge with cold food.*



There are several different types of memory

Explicit memory

Episodic - our memory for events e.g. *we can remember a meal with friends and imagine something similar in the future.*

Prospective – memory for future intentions e.g. *remembering to buy milk on the way home.*

Semantic memory – store of information e.g. *knowing a spider has 8 legs.*

Working memory – our system for holding memory e.g. *remembering a phone number read out to you.*



Common problems after brain injury

- ‘I know what I want to do but I don’t remember how to do it’
- ‘I remember everything from years ago but I cant remember what I did yesterday’
- ‘I went on holiday a few weeks ago but I don’t have any memory of what I did’.
- ‘I just cant remember things as well as I used to I need to write everything down so I can check it later. I cant remember names of new people I meet and its much harder’.

Rehabilitation strategies

Internal

- Make the information more memorable imagining pictures or turning it into a story, or associating words e.g. Carol with the curly hair, doing things at certain times e.g. taking medication at lunch time.

External

- Phone alarm, post it pads, diary, iPad, computer calendar, white board.

How do I remember things?

ACTIVITY	WHAT DO YOU USE NOW?	DO YOU HAVE PROBLEMS REMEMBERING TO DO THIS?	IS THERE ANYTHING ELSE YOU COULD USE INSTEAD?
Birthdays			
Appointments			
Weekly activities (putting the bins out)			
Buying shopping (food)			
Keeping track of money spent.			
Paying bills			
Telephoning friends and family			

Making your system work

Morning Routine	Midday	End of Day review	Weekly Planning
Check the day and date	Check your diary or memory aid) Are you on track?	Did you complete your tasks? If not transfer them to to next day.	Look at the forthcoming week.
Where are you? Do you need to go anywhere today? Do you need to take any morning medication? Check your to do list. Plan the best time to do each task and set a reminder if you need to.	Do you need to take any midday medication?	Look ahead to tomorrow: Do you have to go anywhere or do anything? Do you need to set reminders or prepare anything in advance?	Look out for clashes of appointments. Add any new appointments that have come through.
		Do you need to take any evening medication?	

The information in this presentation has been taken from:

The Brain Injury Rehabilitation Workbook

Contact us for the following handouts:

- Brain areas involved in Memory
- How do I remember things?
- Memory Diary
- Chunking
- Making links
- The Minds Eye
- Mental Blackboard
- My Memory Profile
- My Memory System

