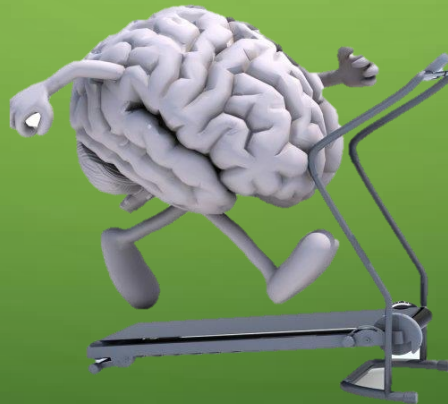


IMPROVING MEMORY AFTER BRAIN INJURY

Long-term memory is the type of memory that allows you to store information for an extensive period. Short-term memory, on the other hand, refers to a person's ability to hold information for about 30 seconds.

Ways to improve memory:

- Use association techniques
- Repeat/rehearse in intervals
- Rest
- Manage stress
- Exercise
- Listen to music



Compensatory Techniques:

- Reduce distraction
- Use organizers, notebooks, and cell phones to track important information
- Give yourself extra time to repeat or rehearse information you need to remember