



Strategies For Remembering Names

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- ▶ **Repeat the Name 5 Times**
Repeat to yourself and out loud in sentences - "So your name is ___. I know a ___, I like the name ___", etc.
- ▶ **Make Associations**
Between Name & Physical Features - e.g. Mike & mustache
- ▶ **Write Down the Name**
Write Name and Description (in your head and/or Logbook)
- ▶ **Review Your Memory Immediately Afterwards**
Replay Introduction in Memory & Repeat Repeat Repeat Repeat Five Times
- ▶ **Use a Tape Recorder as a memory fail safe aid**



Strategies To Keep Track of Thoughts

- ▶ **Always Review What You Are Going to Say Before You Say it! Repeat & 3-peat (repeat X 3) the Bottom Line / Main Point ...Who, What, When, Where, and Why. What do you want to Say, and Why**
- ▶ **Picture Where You Are Going to Say and How You Will Say it, Emphasizing the Bottom Line**
...See and hear yourself practicing how you will succinctly make your main point!
- ▶ **When You Talking, Keep focused on the Bottom Line and how you are moving toward it**

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Strategies To Prevent Losing Things

- ▶ **Always Review What You Have in Your Possession & Where You are Going With It & Where You Will Place it Beforehand** ...*Where are you going & how will you get there & What Do You Have With You and What Are You Going to Do/ Where Will You Put It*
- ▶ **Picture Where You Are Going and What You are Taking With You** ...*See every landmark, item, room, building, etc.*
- ▶ **When You Begin the Activity, Talk to Yourself to Monitor Where You are Going, Where You Place What, etc.**

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Strategies To Keep Track of Tasks & Activities

- ▶ **Always Review What You Are Doing and How You Will Do It, and What You Will Use to Do it, and Where You Have It**
- ▶ **Talk to Yourself about What You are Doing Now, How, With What, And What You Will Do Next**
- ▶ **Talk to Yourself to Monitor What You Are Doing as You Do It, How, Where, With What, and What You Will Do Next.**

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Strategies To Prevent "Driving Memory Lapses"

- ▶ **Review the Travel Route In Your Mind Before Beginning the Trip** - ...Where are you going & how do you get there? (Include every landmark, exit, turnoff, etc.)
- ▶ **Picture The Travel Plan and Picture Yourself Driving the Route**
...See every landmark, exit, turn off, etc.
- ▶ **When You Begin the Trip, Talk to Yourself to Monitor Travel Route, Turns, etc.**
- ▶ **Consider Making a Map of the Travel Route, Placing it on the Carseat, Marking the Major Exits, Turnoffs, etc. & Following It& Checking It While Driving**

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Strategies To Prevent Getting Lost (Walking)

- ▶ **Review the Travel Route In Your Mind Before Beginning the Trip** - Where are you going & how do you get there? (Include every landmark, turn, etc.)
- ▶ **Picture The Travel Plan and Picture Yourself Walking the Route**
...See every landmark, exit, turn off, etc.
- ▶ **When You Begin the Walk, Talk to Yourself to Monitor Travel Route, Turns, etc.**
- ▶ **If Needed, Make a Map Before Leaving** - Make a map of Travel Route. Get help with directions if unsure. Mark all of the major landmarks, carrying it with you and follow it by checking off each landmark as you walk.

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Lisa's Habit Retrainer

3N's + 1 =

Necessary Nuisance for iNdependence

▶ **iNventory:** Before you do anything!

- Set/Check Your Scheduler**
- Set/Check Your Scheduler**
- Evaluate Your Fatigue and**
- Adjust Activities**
- Reinterpret Negatives into Positives**
(Convert Curses into Nurses; Focus on what you Can Do Despite Great Obstacles... instead of what you can't yet do or how big the obstacles are!)
- Pace (start out slowly and build up slowly!)**

Practice Will Make it Automatic Again!!



Barb's Habit Retrainer

3N's + 1

Necessary Nuisance for
iNdependence

▶ **iNventory:** Before you leave (house, anywhere)

- Get Your Exec. Organizer**
- Take Your Medications**
- Get Your Glasses**
- Get Your Leg Rest**
- Get Your Watch (start out slowly, build up slowly!)**

Practice Will Make it Automatic Again!