

Comprehensive Therapy Center

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Memory Strategies Help Traumatic Brain Injuries or Learning Disabilities

Grand Rapids - Everywhere in the news today we read stories about people of all ages who have sustained brain injuries. Many of these are due to sports or car accidents or war related injuries. Medical advances have lessened mortality rates but many survivors struggle with memory loss. It is most often short term memory that is affected and this impacts many areas of a person's life. "In my twenty years as a special education educator, I have learned and used a number of effective memory strategies with students who sustained brain injuries," explains Linda Weaver.

- An agenda or PDA are absolute musts for persons with a TBI and they don't carry a stigma or draw attention to a deficit.
- Acronyms or acronymic phrases (songs for younger persons) are a fun way to remember new information.
- If there is extreme memory loss, a handy key-chain recorder is helpful.
- A simplified, organized and repetitive schedule will help alleviate stress due to memory difficulties.

Some other memory strategies include: post-it notes, tying new information to old over-learned information, highlighting key facts, and chunking (as in memorizing telephone numbers) and oral reading followed by summarizing. "These strategies are examples of the ones I have taught to persons compensating for memory loss due to brain injuries. We also apply them to functional activities, i.e. schoolwork or vocational responsibilities. They take practice but they really work," notes Ms Weaver.

Linda Weaver is a tutor at Comprehensive Therapy Center. New patients are being accepted.

Accredited by CARF, Comprehensive Therapy Center offers the West Michigan community speech-language, voice, occupational, sensory and motor therapies to people of all ages, along with academic tutoring specializing in learning disabilities. Our summer outreach program, Therapy and Fun, and our school-based special education services help children with special needs walk, talk, learn and play. Comprehensive Therapy Center's mission is to provide therapeutic and advisory programs to individuals through skill building, academic enhancement and social emotional support.

For more information please visit our Web site: www.therapycenter.org or call us at: 616-559-1054.



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