



Cognitive Problems After a TBI: Part 1



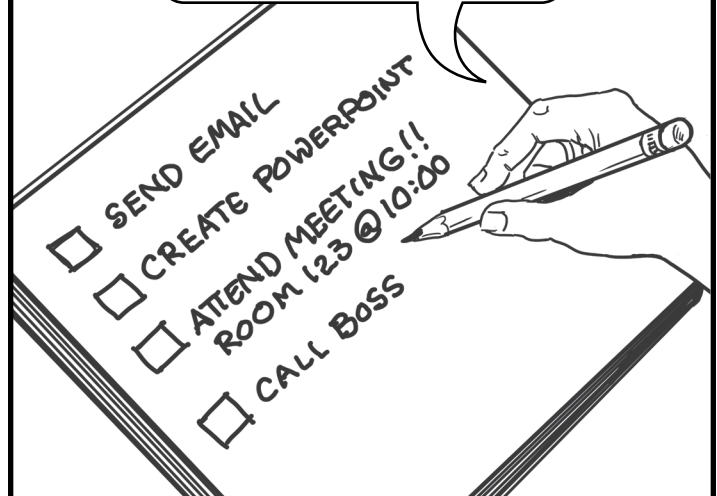
How to Plan and Organize After a Traumatic Brain Injury (TBI)

ONE THING THAT HELPS IS USING A CALENDAR TO KEEP TRACK OF MY WORK WEEK AND PLAN MY WORKDAYS.



Using an organizing tool can help people who are recovering from a TBI to keep track of their schedules. Even simple tools like a calendar or planner can help.

FIRST, I LOOK AT MY CALENDAR. THEN, I MAKE A CHECKLIST OF ALL THE TASKS I NEED TO DO THAT DAY.



It can be hard to manage large tasks after a TBI. It may help to start by listing each of the steps in the task. Use this checklist throughout the day. Break down the activities further as the day goes on.

I MAKE SURE TO WRITE DOWN IMPORTANT INFORMATION, SO I DON'T FORGET.

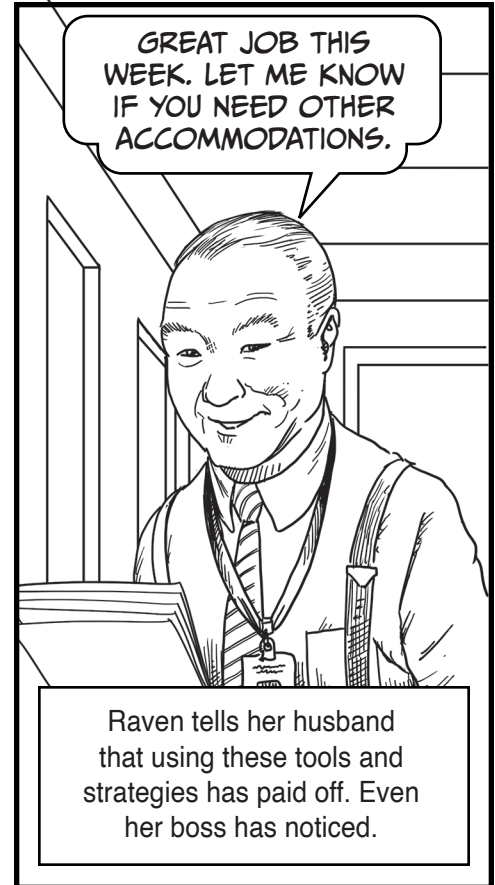
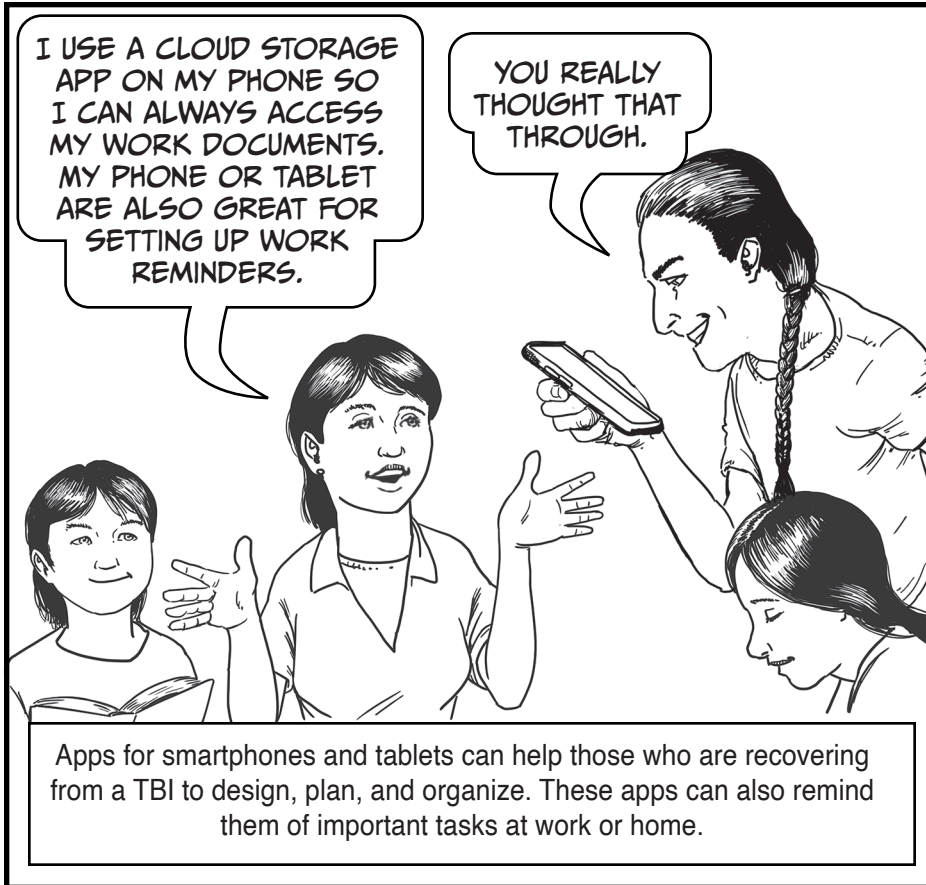


Write things down in an organized way. For example, when taking a phone message, write down the person's name, phone number, time of day, who the message is for and the message itself.

ONCE I HAVE MY DAY PLANNED, I UPLOAD THE CHECKLIST TO MY PHONE OR TABLET.



Many cell phones and tablets have apps with calendars and checklists. They can help those who are recovering from a TBI to plan and organize their days. You might want to get help setting up the app and learning how to use it.



Source: The content of this infocomic was adapted from the factsheet entitled *Cognitive Problems After TBI*, which was developed by Dawn Neumann, PhD and Anthony Lequerica, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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Traumatic Brain Injury Resource Bundle for American Indians

