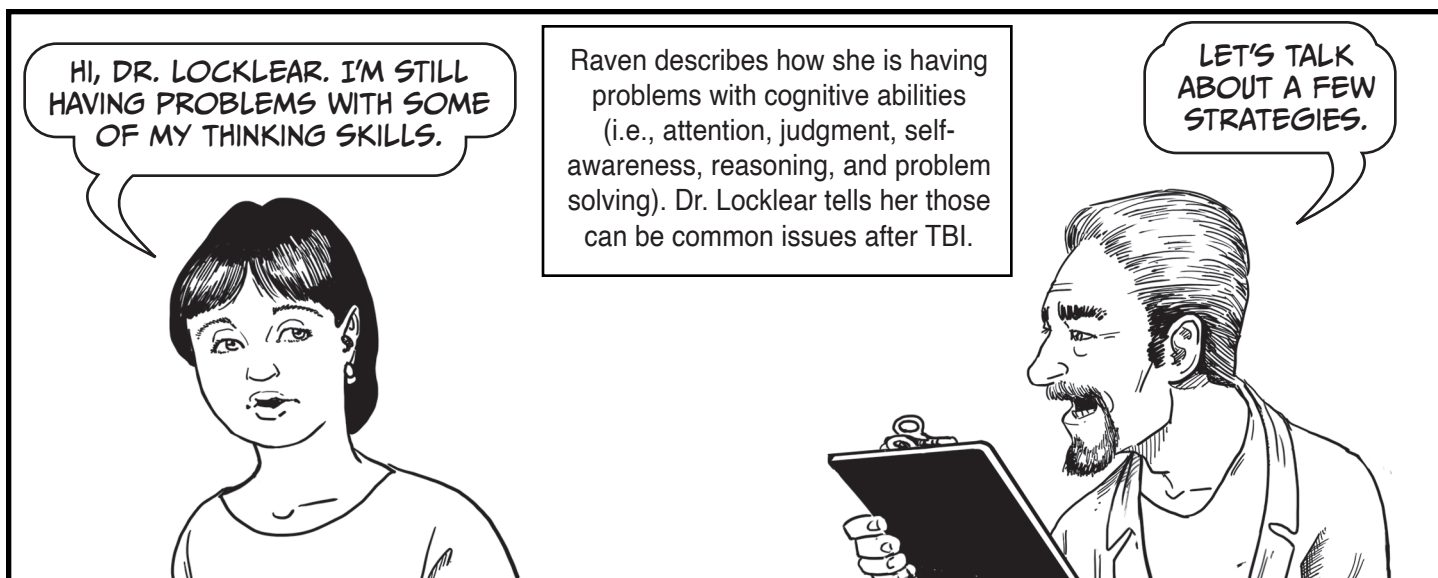


Cognitive Problems After a TBI: Part 3

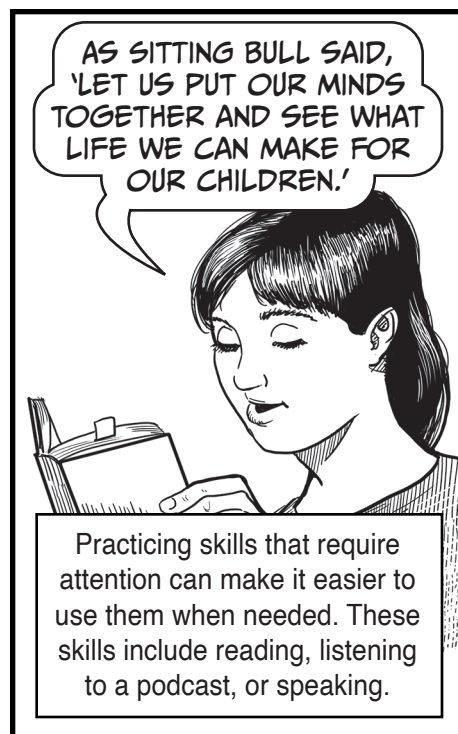
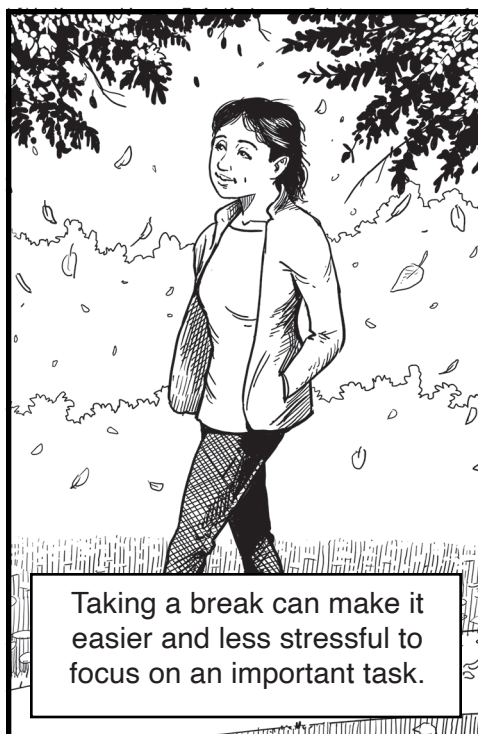
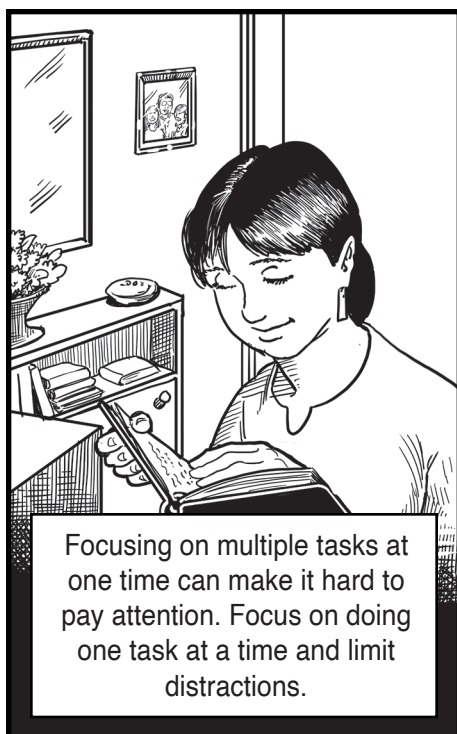
Part 2 Recap

Raven has been working hard to improve her *cognitive communication*. She practiced *processing and understanding information* both in and out of her home (i.e., activities that required her to concentrate and make her think). Raven made an appointment with her doctor to talk over some cognitive problems she is still having.



Attention

Dr. Locklear tells Raven a good place to start is to make sure she is in a quiet place. Then she can focus on breaking down tasks one by one.



Cognitive Problems After a TBI: Part 3

Reasoning & Judgement

Dr. Locklear tells her when making a decision or deciding how to respond, keep the results of your actions in mind.



Think Things Through

Breaking down problems and thinking about outcomes can lead to better choices for those who are recovering.

Figure out what the problem is.



What do you want to achieve?



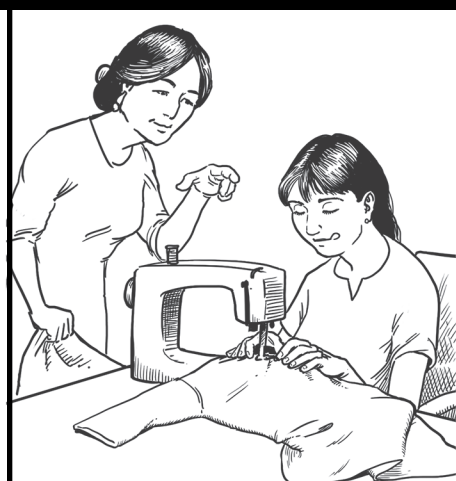
Think about some solutions.



Make a list.



Try out your solutions.



Pick the best solution.

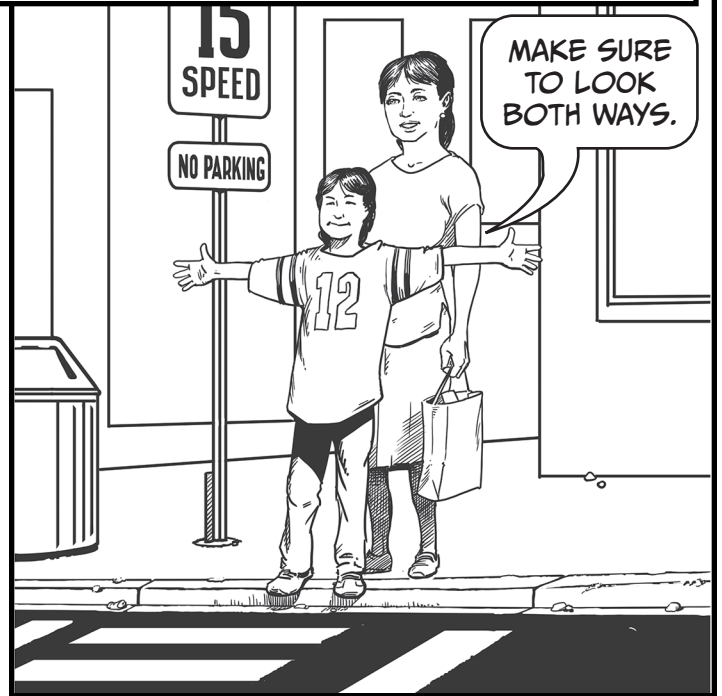


Cognitive Problems After a TBI: Part 3

Self-Awareness

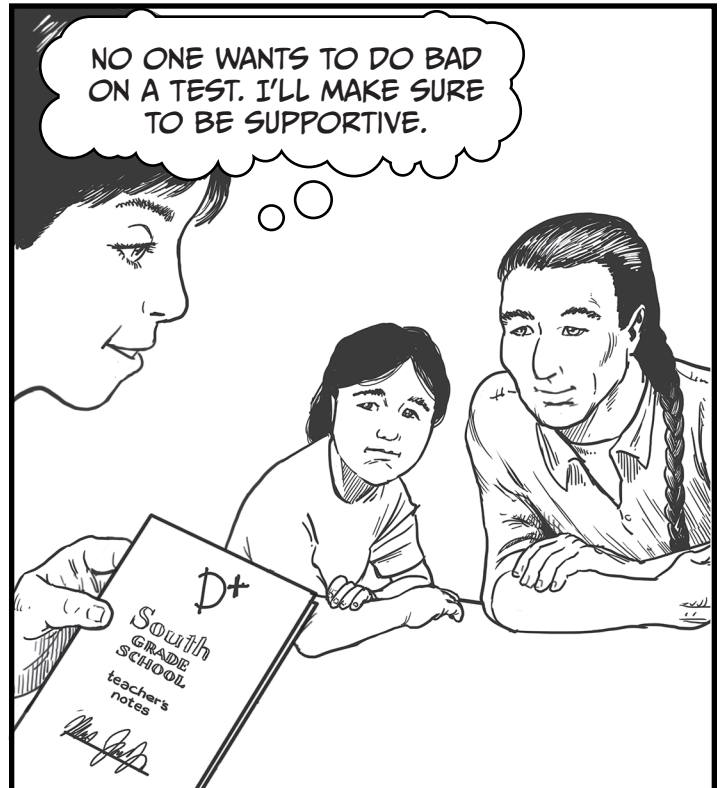
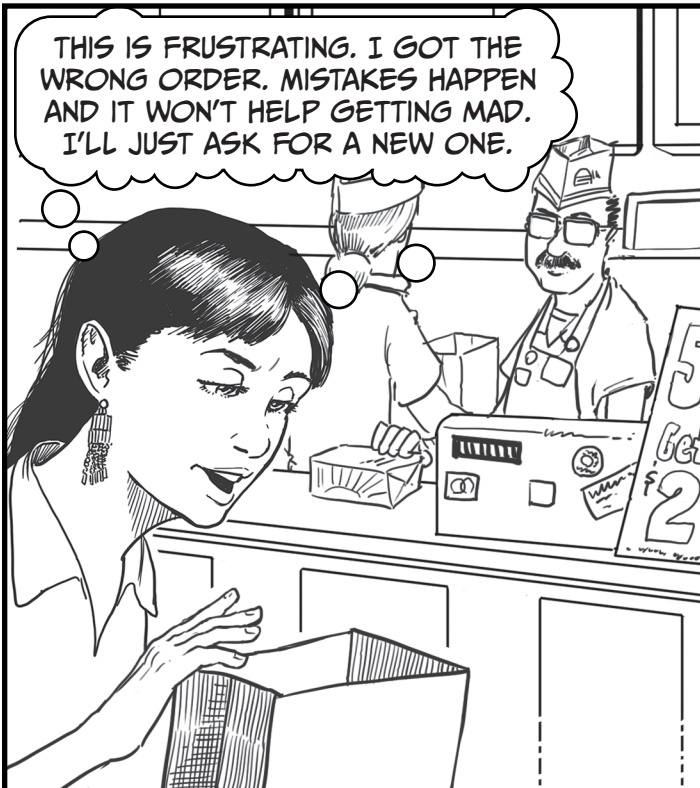
While recovering from a TBI, you may not be aware of risks to your personal safety or know which activities you are ready to start again.

Work with others to create visual or verbal cues to stop and look at what you are doing.

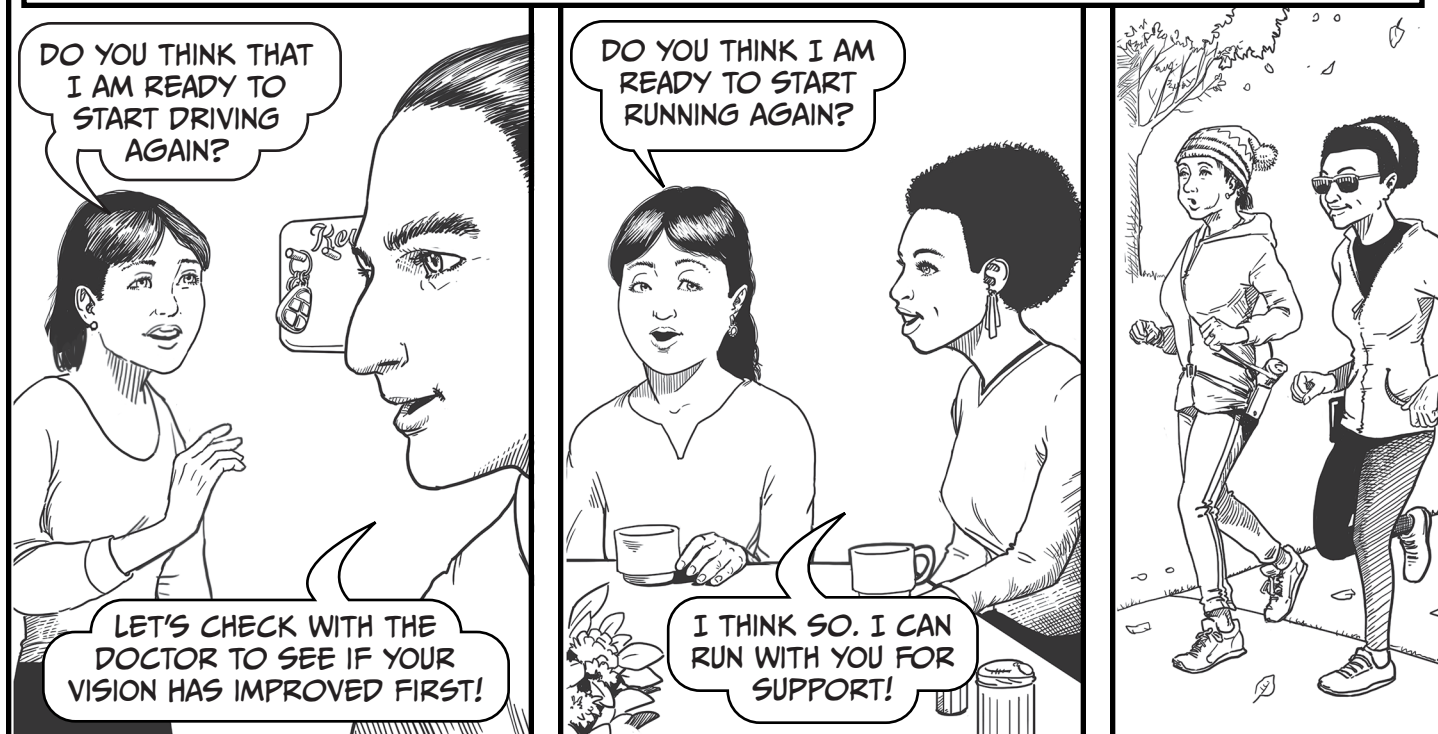


Empathize

Think about how your actions may affect others before you act. This can help you learn how to respond to different situations.



Talk to your family and loved ones as you start activities you did before your injury. They can give you honest feedback about whether they think you are ready.



Problem-Solving

Ask family or friends for help if you get stuck or need help with a problem. You don't have to solve problems alone.





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

