

Practical Examples for Survivors & Caregivers

Organization & Memory Supports

Strategy	Examples
Shared calendars	Google Calendar, Apple Calendar
Medication reminders	Phone alarms, Medisafe app, Alexa reminders
Written notes	Notebooks, sticky notes, dry erase boards
Provider organization	Folders by provider/date, binders, accordion files
Appointment tracking	Printed summaries, follow up checklists
Memory supports	Voice memos, phone notes apps, reminder apps
Task breakdowns	Checklists, step-by-step instructions

Routine & Structure Supports

Strategy	Examples
Predictable schedules	Consistent wake/sleep times, structured routines
Meal simplification	Meal prep, grocery pickup, meal kits
Reduced multitasking	One task at a time, quiet workspaces
Recovery planning	Scheduled breaks, quiet time after busy activities
Simplifying decisions	Capsule wardrobes, repeating routines, auto-pay bills

Fatigue & Energy Management

Strategy	Examples
Pacing	Taking breaks before exhaustion
Monitoring overload	“Bag of oranges” analogy, energy tracking

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Strategy

Examples

Quiet recovery time

Meditation, silence, reading, resting in dim lighting

Sleep protection

Sound machines, blackout curtains, fans

Reducing overstimulation

Noise reduction, sunglasses, limiting crowds

Communication & Advocacy

Strategy

Examples

Shared communication systems

Shared calendars, family group texts

Appointment preparation

Printed questions and symptom summaries

Written follow ups

Requesting printed discharge instructions

Bringing support people

Caregiver attends appointments and takes notes

Asking for specific help

“Can you bring dinner Tuesday?” instead of “Let me know if you need anything.”

Emotional & Coping Strategies

Strategy

Examples

Humor

Laughing at mistakes and misspeaking

Avoiding comparisons

Focusing on your own recovery journey

Emotional flexibility

Adapting expectations day-to-day

Taking things moment by moment

“Just get through this hour/day.”

Safety & Executive Function Supports

Strategy

Examples

Environmental safety

Simplified spaces, reminders, supervision when needed

Financial supports

Auto-pay bills, reminder systems

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Strategy

Examples

Visual reminders

Labels, posted instructions, medication charts

Reducing errors

Double checking schedules, written confirmation systems

One of the Biggest Lessons We Learned

Routine, schedules, and predictability reduce pressure on the brain.

Compensatory strategies are not failure.

They are tools that help people adapt, function, participate, and build meaningful lives after brain injury.