

Tips for Positive Interactions

Friend of Individual

- Learn as much as you can about BI.
- Allow time for rest.
- Help create routines.
- Keep the environment simple.
- Speak in direct easy words.
- Keep instructions simple—enhance with non-verbal cues.
- Compensate for diminished self-monitoring skills by giving feedback and setting goals—help the individual with a BI understand *why* he/she is doing a task.
- Be calm and redirect when necessary—create a non-threatening environment.
- Provide choices to allow for freedom and control, but keep options limited to avoid overwhelming the individual with a brain injury.
- Increase chances of success. Help the individual with BI to be successful and challenged.
- Vary activities—alternate easy tasks with more difficult ones.
- Complete activities one step at a time—divide tasks into smaller parts, each of which can be treated as a complete task.
- Find humor in situations

Tips to Help Your Memory

- Daily check your planner / calendar.
- Organize your day.
- Do one thing at a time.
- Write things down.
- Make lists.
- Establish routines and follow them.
- Repeat information to yourself; say it out loud.
- Make eye contact with people.
- Ask people to speak slowly.
- Ask people to repeat what they said.
- Repeat what people say back to them.
- Ask questions.
- Ask people to remind you of things.
- Use highlighters to mark important information.
- Be consistent with where you place things, such as your keys or wallet.
- Eliminate clutter.
- Use an alarm or timer.
- Practice and Repeat.

Funded by NM Department of Health and NM Trauma Systems Fund Authority. Produced by the



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