



The Brain Injury Survival Kit: 365 Tips, Tools and Tricks to Deal with Cognitive Function Loss

By Cheryle Sullivan

Demos Medical Publishing. Paperback. Book Condition: new. BRAND NEW, The Brain Injury Survival Kit: 365 Tips, Tools and Tricks to Deal with Cognitive Function Loss, Cheryle Sullivan, Over 1.4 million people sustain a brain injury each year in the United States. Add to that the number of returning Veterans with a brain injury and the numbers are staggering. The Brain Injury Survival Kit: 365 Tips, Tools & Tricks to Deal with Cognitive Function Loss aims to give brain injury survivors, their families and loved ones the strategies they need to improve brain function and quality of life. The book is a compendium of tips, techniques and life-task shortcuts that author Cheryle Sullivan has compiled from her personal experience. Readers will learn successful approaches to: * Balancing a checkbook* Using medication alarms* Compensating for impaired memory function* Locating things that have been put away* Word finding* Concentration exercises* Communication tools* And much more! From basic principles to unique solutions for saving time and energy, this book is packed with helpful information for those coping with the special challenges of a brain injury.



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