



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

Dr. Cheryle Sullivan MD

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"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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