

Memory Group 2024

Overview: The Memory Group is a 6-week cognitive rehabilitation program designed to improve everyday memory skills in people with Acquired Brain Injuries (ABI), running at Hardwick Psychological Services in 2024. It focuses on the provision of compensatory memory strategies in a collaborative and friendly group environment in which ABI survivors can share their experiences and learnings.

Content: The group covers psychoeducation about memory, the structure of memory, and the impacts of brain injury, and provision of internal and external memory strategies which participants practise in session and then at home, to ensure that strategies are translated into real life improvement. This includes strategies for a range of everyday memory tasks such as remembering names, directions, conversations, routines, instructions, and to-do items. External strategies include diaries, physical reminders, notes, smartphones, and photographs, and internal strategies include association, repetition, and clustering. There is also a focus on lifestyle factors that impact cognition including sleep, fatigue, nutrition, mood and stress. Participants set individualised memory goals at the start of the group, and goal attainment is measured again at the end to evaluate progress.

Social Benefits: Another key component of group intervention is the opportunity for participants to interact with one another, facilitating not only sharing of tips and strategies but also therapeutic normalisation and validation of experiences.

Backed by Research: The Memory Group is based on the evidence-based [Making the Most of Your Memory program](#) published by the Australasian Society for the Study of Brain Impairment (ASSBI). The importance of the combination of cognitive strategies and lifestyle and psychological strategies in recovery post ABI was shown in recent research of which Dr Baker is an author (Davies, Rogers, Baker, Li, Llerera, das Nair, & Wong, 2023).

The Facilitator: Dr Katharine Baker is Clinical Neuropsychologist who has delivered the group intervention multiple times across various settings, including as part of a translational research study and in hospitals in Melbourne and Brisbane.

Referral Criteria

- ABI
- Age 18-65
- Memory problems (assessed or reported)
- Able to communicate sufficiently to participate in a group
- No significant psychiatric or behavioural disorder that would prevent appropriate behaviour in a group setting
- No dementia

Funding Options

Private, NDIS, NISQ, and WorkCover funding sources are accepted.

Commencement date: March 2024 (dates & times to be advised)

Please contact our practice on (07) 3515 0172 for any queries or to make a referral.

