

## Marjorie's Tech Spotlight



### HELP. . . . I Have A New Brain

An interesting phenomenon to note with my new brain.... Unless I do the same thing over and over each and every day I forget.

When I say I forget I mean that I cannot access the information no matter how hard I try.

For example: Just after I had my brain injury, I bought a new scanner/printer. I loved my new scanner and I used it every single day hundreds of times a day to scan in all of my paper and photos. It was so great. I scanned and scanned feeling wonderful as my mountain of paper work went digital! Then I got busy with my children and summer vacation.

When my children went back to school I had time again to start filing/scanning more things into my computer. I walked over to my scanner and tried to turn it on. Although over the summer I noticed that my scanner sat on my table I had not once done anything with it. I struggled to try and remember how to turn it on. I knew that I could look up my printer online and it would tell me what to do. I looked it up. The instructions did not make sense. No matter what I did I could not remember how to scan something. I tried and tried. Finally I gave away my printer/scanner as I didn't want the constant reminder that I was unable to scan anything with it.

Another example of my memory is that if you don't see me every day, I may forget that I know you. I will hopefully one day see something that reminds me of you and then hopefully I will remember to call, text or e-mail. This part of my brain injury is embarrassing. I tell people that it isn't because I don't care or that I don't love them but rather it is just that I forget. It is almost as though my life and past is erased. This is embarrassing for me as I really do care about the people in my life I just can't get those memories. Interesting enough sometimes memories will pop up unexpectedly. In these moments I try to remember to say hello to friends and family before that memory disappears from my grasp once again.

A final example is that I recently changed cell phone companies I went from WIND to Fido. I guess because I changed companies I expected things like voicemail to be done differently. The initial set up was a little bit different but the way to get to voice mail was exactly the same. But, because I didn't do it for a few days, I forgot how to access voicemail. As you can see from my screen shot, voicemail is still in the bottom right hand corner.

I finally asked a close friend who is with Fido how to find voicemail as I had 18 voicemails to listen to.

Having a new brain isn't all horrible it is just new and something new always takes adjustments and time. I hope that you will be patient with me as I learn how to use this new brain of mine.

