

## **BACHELOR THESIS ABSTRACT**

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**Title:** Memory Training Strategy for Patients after Acquired Brain Damage

### **Abstract:**

This bachelor's thesis is focused on the training of memory strategies for patients after acquired brain damage. Acquired brain damage affects all components of the body. In the cognitive area memory disorders are most common which is reflected in the lives of individuals. Memory strategies can help people with memory problems live a self-sufficient and independent life.

The thesis is divided into a theoretical and a practical part. The theoretical part focuses on acquired brain damage, memory and memory strategies. The practical part is processed in the form of two therapeutic case reports, which describe the history of patient, examination results, the course of therapies and the conclusion with recommendations. The frequency of therapies was determined twice a week for 45 minutes for eight weeks. The therapy included a daily home exercise lasting 45 minutes. Therapies focused on memory strategies that patients used or wanted to use. The aim of this bachelor thesis is to determine the most commonly used memory strategies in selected patients and to describe their training in occupational therapy. The working hypothesis was that patients would show a slight improvement in the use of external memory strategies in a structured environment. The secondary goal of the thesis is a one-way translation of the Multifactorial Memory (MMQ) questionnaire into czech language. In both patients, subjective and objective values in the final examination improved after all therapies. The results of the final examinations and feedback from patients confirm the benefit of memory strategies for people after acquired brain damage.

**Key words:** acquired brain injury, memory, memory strategy, memory training, occupational therapy